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# STUFFED PORTOBELLO MUSHROOM CAPS

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(Gluten-Free, Nut-Free, Egg-Free, Vegetarian)

**Yield:** 4 servings    **Total time:** 40 minutes

## Ingredients

- 4 large portobello mushroom caps
- 1 tsp black pepper, divided
- 1 tsp garlic powder, divided
- 1 tsp paprika, divided
- 1 tsp oregano, divided
- 1 cup low-fat plain cream cheese
- 1 cup spinach, chopped
- 1/2 cup part-skim shredded mozzarella cheese, divided
- 1 cup marinara sauce
- Fresh basil, chopped (optional)

## Directions

1. **Prep station:** Preheat oven to 450°F. Line a baking sheet with foil and coat with non-stick cooking spray.
2. **Clean mushrooms:** Use a damp paper towel to gently wipe any dirt or debris from the mushroom. Remove the stem with a sharp knife. Use a spoon to gently scrape away the dark brown gills found underneath the mushroom cap. The gills are edible, but they hold bits of dirt and will turn your stuffed mushroom a dark, dull brown.
3. **Bake mushrooms:** Place mushroom caps on baking sheet, gill-side up. Sprinkle with 1/2 your seasonings of black pepper, garlic powder, paprika, and oregano. Place in the oven and bake for 20-25 minutes.
4. **Prep your filling:** Finely chop spinach, place in a medium bowl. Add low-fat plain cream cheese, shredded mozzarella, and your remaining seasonings of black pepper, garlic powder, paprika, and



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## Grocery List

- Portobello Mushroom Caps
- Seasonings: black pepper, garlic powder, paprika, oregano
- Cream cheese
- Spinach
- Mozzarella cheese
- Marinara sauce
- Fresh basil

## Kitchen Equipment

- Cutting board
- Chef knife
- Baking sheet
- Spoon
- Measuring spoons and cups
- 2 bowls- Sml & Medium
- Serving plates

oregano. Add marinara sauce to a small bowl, microwave for 1 – 1.5 minutes.

5. **Add filling to baked mushrooms:** When mushrooms are finished baking, remove sheet pan from the oven and carefully pour out liquid accumulated. Return mushrooms back to baking sheet, gill-side up. Spread 1 tbsp of marinara sauce to each cap then top with 1/3- 1/2 cup of the prepared cheese filling. Place back in the oven for 8-10 minutes.
6. **To serve:** Remove mushroom caps from the oven. Place on 4 serving plates. Top with remaining marinara sauce and fresh basil.

**Serving size:** 1 stuffed mushroom cap

**Per serving:** Calories 194; Total Fat 13g; Saturated Fat 7g; Sodium 443mg; Total Carbohydrates 11g; Fiber 1g; Protein 11g

## Nutrition Information

- Portobello mushrooms are nutrient dense and low in calories. They are a great source of fiber, B vitamins, minerals (potassium, phosphorus, copper and selenium) and contain lots of water.
  - B vitamins are essential for a healthy metabolism and nervous system, they also help keep your liver, skin, eyes and hair healthy.
  - Potassium helps with nerve and muscle function and counteracts the effects of high sodium levels in the blood.
  - Phosphorus aids in forming strong bones, DNA and red blood cells.
  - Copper is important for keeping your immune system, nerves and blood vessels healthy.
  - Selenium is an antioxidant that helps form DNA.
- Adding mushrooms to your diet can help increase your fiber intake, and aid in lowering your risk for chronic disease.
- Mushrooms can be a great meat replacement, you get the same meaty texture without the high amounts of calories, fat and cholesterol. Try to grill or bake your mushrooms and add them to soups, pastas, salads or place on top of pizza.

