

## **Spinach Stuffed Mushrooms**

Serving Size: 2 mushrooms

Serves: 15

### **Ingredients**

¼ cup olive oil

30 large whole fresh mushrooms, stems removed

1 whole egg

Pinch of salt and ground black pepper

1 clove garlic, minced

¼ cup shredded Gouda cheese

¼ cup shredded mozzarella cheese

1 – 10 ounce package frozen chopped spinach, thawed and drained

¼ cup dried cranberries, diced

¼ cup fresh bread crumbs, toasted and crushed

¼ cup grated Parmesan cheese

### **Directions**

Preheat oven to 375 degrees.

Brush the mushrooms with olive oil and place them gill-sides-up onto a baking dish.

Bake the mushrooms just until tender, about 12 minutes.

While the mushrooms are baking, in a mixing bowl beat together the egg, salt, pepper and garlic. Stir in the Gouda cheese, mozzarella cheese, drained spinach, cranberries and bread crumbs until evenly blended.

Remove the mushrooms from the oven and drain off any juice. Fill the mushroom caps with the spinach mixture and top with Parmesan cheese.

Bake until the stuffing is hot and golden brown, about 10 minutes.

### **Exchanges per serving:**

1 Vegetable, 1 Fat

### **Nutrients per serving:**

Calories: 83

Calories from fat: 45

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 18mg

Sodium: 90mg

Carbohydrate: 5g

Dietary Fiber: 1g

Protein: 4g