

Stuffed Button Mushrooms

Serving Size: 2 mushrooms

Serves: 12

Ingredients

24 medium sized mushrooms, stems removed and chopped
1 tablespoon olive oil
1 onion, diced
1 clove garlic, minced
2 cups baby spinach
ground black pepper to taste
pinch of salt
1 cup fresh tomatoes, chopped
2 tablespoons fresh basil, chopped
2 tablespoons feta cheese, finely crumbled
1 cup part skim milk mozzarella cheese, grated
2 tablespoons grated Parmesan cheese

Directions

1. Preheat an oven to 325 degrees. Spray a baking sheet and the mushroom caps with cooking spray.
2. Heat the olive oil in a skillet over medium heat. Sauté the onions, mushroom stems, garlic and spinach until the onion is translucent. Season with salt and pepper.
3. Transfer the mixture to a large bowl. Add the tomatoes, basil, feta and mozzarella cheese. Stir the mixture until ingredients are evenly distributed. Stuff the mushroom caps with the mixture. Arrange the stuffed mushrooms on the prepared baking sheet. Sprinkle lightly with Parmesan cheese.
4. Bake in the preheated oven 10 - 15 minutes until hot.

Exchanges per serving:

1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 61

Calories from fat: 33

Total Fat: 4g

Cholesterol: 7mg

Sodium: 95mg

Total Carbohydrate: 3g

Dietary Fiber: 1g

Protein: 4g