



Let's cook something delish!

Spinach-Ricotta Stuffed Portobello Caps

4 Servings

Ingredients

- 8 portobello mushroom caps, wiped clean with a damp cloth
- 2 T. water
- 1 (5-ounce) package fresh baby spinach
- ½ c. part-skim ricotta cheese
- ⅓ c. chopped fresh basil, divided use
- Salt and freshly ground black pepper
- 1 c. reduced-sodium marinara sauce, divided use
- ¾ c. shredded Italian-blend cheese

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Directions

1. Preheat oven to 425°F.
2. Coat both sides of mushroom caps with cooking spray and place, stem side down, on a foil-lined baking sheet. Bake 10 minutes, turn, and bake five minutes or until tender.
3. Meanwhile, add water to a large skillet and place over medium-high heat. Add spinach and cook, stirring carefully, one to two minutes, or until wilted. Remove from heat and stir in the ricotta cheese and ¼ cup of the basil. Season with salt and pepper.
4. Spoon half of the marinara sauce on top of the mushroom caps (1 T. per mushroom). Top with equal amounts of the spinach mixture, spoon remaining marinara sauce over all and sprinkle with the Italian-blend cheese. Bake 10 minutes or until heated through and cheese is melted. Sprinkle with the remaining basil.

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Calories: 190, Total Fat: 11 g, Saturated Fat: 5 g, Cholesterol: 25 mg, Sodium: 360 mg, Total Carbohydrate: 14 g, Fiber: 2 g, Total Sugars: 6g, Protein: 14 g

Source: cancer.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

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