



Four-Cheese Stuffed-Silly Mushrooms



1/4th of recipe (3 stuffed mushrooms): 118 calories, 1.5g total fat (0.5g sat. fat), 359mg sodium, 16g carbs, 2.5g fiber, 6g sugars, 12g protein

[Click for WW Points® value*](#)

Prep: 20 minutes **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

12 medium baby bella mushrooms (each about 2 inches wide), stems chopped and reserved
1/2 cup finely chopped onion
2 tbsp. chopped garlic
1 1/2 cups roughly chopped spinach leaves
1/2 cup fat-free ricotta cheese
1/4 cup fat-free cream cheese, room temperature
2 tbsp. shredded part-skim mozzarella cheese
1/4 tsp. ground nutmeg
1/4 tsp. salt
2 tsp. reduced-fat Parmesan-style grated topping
1 tsp. garlic powder

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place mushroom caps on the sheet, rounded sides down. Bake until tender, 12 to 14 minutes. Leave oven on.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Add chopped mushroom stems, onion, and chopped garlic. Cook and stir until softened, about 2 minutes. Add spinach and cook and stir until wilted, about 2 more minutes. Remove from heat and pat dry.

In a medium bowl, thoroughly mix ricotta cheese, cream cheese, mozzarella cheese, nutmeg, and salt. Stir in contents of the skillet.

Pat mushroom caps dry. Evenly distribute veggie-cheese mixture among the caps.

In a small bowl, mix Parm-style topping with garlic powder. Sprinkle over stuffed mushrooms.

Bake until topping begins to brown, 8 to 10 minutes. Enjoy!

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: October 16, 2012

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.