



## Stuffed 'n Squashed Mushroom Pack



1/2 of pack (1 stuffed mushroom): 92 calories, 2.25g total fat (1g sat fat), 397mg sodium, 11.5g carbs, 3.25g fiber, 4g sugars, 6g protein

Freestyle™ [SmartPoints®](#) value 2\*

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**Prep:** 15 minutes    **Cook:** 25 minutes



### Ingredients

2 large portabella mushrooms, stems chopped and reserved  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
1/2 tsp. chopped garlic  
1/2 tsp. dried minced onion  
1/8 tsp. salt, or more to taste  
Dash ground thyme, or more to taste  
1 summer squash (yellow or green), ends removed, finely diced  
1/2 tbsp. reduced-fat Parmesan-style grated topping

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps on the sheet with rounded sides down.

In a medium bowl, thoroughly mix cheese wedges, garlic, minced onion, salt, and thyme. Stir in chopped mushroom stems and diced squash. Divide mixture between the mushroom caps and sprinkle with Parm-style topping. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 25 minutes, or until mushrooms are tender.

Cut packet to release steam before opening entirely. Enjoy!

MAKES 2 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.