



## 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

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



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### 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**

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