



Lasagna Stuffed Portabellas



1/2 of recipe (1 stuffed mushroom): 203 calories, 6.5g total fat (3.5g sat. fat), 464mg sodium, 15.5g carbs, 4g fiber, 6.5g sugars, 22.5g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

2 large portabella mushroom caps (stems removed)
1/2 cup canned crushed tomatoes
3 tbsp. light/low-fat ricotta cheese
3/4 tsp. chopped garlic
3/4 tsp. onion powder
3/4 tsp. Italian seasoning
Dash ground nutmeg
2 dashes each salt and black pepper
4 oz. raw extra-lean ground beef (4% fat or less)
2 tbsp. finely chopped onion
1 1/2 cups roughly chopped spinach
1/4 cup shredded part-skim mozzarella cheese
1 tbsp. finely chopped fresh basil

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps in the center, rounded sides down. Top with another large piece of foil. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet. Bake for 12 minutes, or until slightly tender.

Meanwhile, prepare the filling. In a medium bowl, combine crushed tomatoes, ricotta, garlic, onion powder, Italian seasoning, nutmeg, and a dash each salt and pepper. Mix until uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with remaining dash each salt and pepper. Add onion, and cook and crumble until beef is fully cooked and onion has softened, about 4 minutes.

Reduce heat to medium low. Add spinach and tomato/ricotta mixture. Cook and stir until spinach has wilted and mixture is hot, about 1 minute.

Cut foil packet to release steam before opening entirely. Remove top foil, and carefully drain excess liquid. Thoroughly blot excess moisture from mushroom caps.

Evenly fill mushrooms with filling. Sprinkle with mozzarella, and bake until mushrooms are tender and cheese has melted, about 8 minutes.

Top with basil.

MAKES 2 SERVINGS

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