



## Mediterranean Stuffed Portabellas



1/2 of recipe (1 stuffed mushroom): 139 calories, 4.5g total fat (3g sat fat), 464mg sodium, 14.5g carbs, 4g fiber, 7g sugars, 11g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes    **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

### Ingredients

2 large portabella mushroom caps (stems removed)  
1/3 cup light/low-fat ricotta cheese  
1/4 cup artichoke hearts packed in water, drained and chopped  
2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped  
1/8 tsp. garlic powder  
1/8 tsp. dried oregano  
1/8 tsp. salt  
Dash black pepper  
2 tbsp. crumbled feta cheese  
2 tbsp. shredded part-skim mozzarella cheese  
Optional toppings: sliced olives

### 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 on the center of the foil, rounded sides down. Place another large piece of foil over the mushrooms. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet. Bake until slightly tender, about 12 minutes.

Meanwhile, in a small bowl, combine ricotta, artichoke hearts, sun-dried tomatoes, and seasonings. Add 1 tbsp. feta, and mix well.

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

Top mushrooms with ricotta mixture. Sprinkle with mozzarella and remaining 1 tbsp. feta. Bake until mushrooms are tender and cheese has melted, about 8 minutes.

**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.