



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

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



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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

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