

SPINACH-STUFFED PORTOBELLO MUSHROOMS

Prep Time: 15 minutes Total time: 35 minutes
Makes: 4 Servings

What you need

4 large portobello mushrooms (1 lb.), cleaned
¼ cup light zesty Italian dressing, divided
¼ cup chopped red peppers
2 cloves garlic, minced
2 pkg. (10 oz. each) fresh spinach
¼ cup grated parmesan cheese

Make it

- 1) Heat oven to 375 degrees Fahrenheit
- 2) Remove stems from mushrooms. Chop stems. Use spoon or sharp knife to scrape gills from caps; discard gills. Brush 1 tbsp. dressing onto rounded sides of caps; place, rounded-sides down, in foil-lined 15X10X 1-inch pan.
- 3) Heat remaining dressing in large saucepan on medium-high heat. Add mushroom stems, red peppers and garlic; cook and stir 2 min. Add spinach; cover, simmer on medium-low heat 4 min. or until spinach is wilted, stirring after 2 min. Spoon over mushroom caps; top with cheese.
- 4) Bake 18 to 20 min. or until mushrooms are tender.

Nutrition Information

Calories	110	Carbohydrate	11g
Dietary Fiber	3g	Fat	3.5g
Protein	10g	Sodium	490mg