



Tuscan Style Spinach & Ricotta Stuffed Portabella Mushroom

Serves 8



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Ingredients

- 8 portabella mushroom caps
- 2 tsp. garlic, chopped
- ¼ cup shallots, chopped
- ½ lemon, zest and juice
- ½ lb. cherry tomatoes, halved
- ½ lb. fresh spinach, wilted
- 1 oz. fresh basil, chopped
- ½ tsp. white pepper
- ½ cup ricotta cheese
- ¾ cup great norther beans, drained
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. shredded parmesan cheese

Directions

1. Clean mushrooms caps and remove (discard) the stems. Set aside.
2. To make the stuffing, sauté garlic and shallots on medium high heat. Add lemon zest and juice and reduce by half. Add tomatoes and cook for 1-2 minutes. Add spinach, basil and white pepper. Stir mixture.
3. Turn off heat and allow spinach to wilt. Add drained beans and stir. Drain excess liquid from the mixture. Allow mixture to cool then fold in ricotta cheese.
4. Spritz mushroom caps with olive oil. Add a ½ cup of filling to each cap and sprinkle with parmesan cheese. Bake at 350 degrees to an internal temperature of 165 degrees.

Nutritional facts per 1 serving (1 stuffed mushroom cap):

Calories 120, Total Fat 6g (10%), Saturated Fat 2g (8%), Cholesterol 10mg (4%), Sodium 190mg (8%), Total Carbohydrate 12g (4%), Dietary Fiber 4g (15%), Total Sugars 4g, Protein 7g