

Spinach & Artichoke-Stuffed Portobello Mushrooms

Stuffed mushrooms and spinach-artichoke dip come together in this quick vegetarian recipe. Serve these cheesy stuffed mushrooms with a big salad for a satisfying and healthy dinner.

Ingredients:

2 tablespoons extra-virgin olive oil
1 teaspoon garlic powder, divided
½ teaspoon ground pepper, divided
⅛ teaspoon salt, divided
4 large portobello mushrooms (about 14 ounces), stems and gills removed (see Tip)
1 (5 ounce) package baby spinach, roughly chopped
1 (14 ounce) can artichoke hearts, rinsed, squeezed dry and chopped
2 ounces reduced-fat cream cheese, softened
¼ cup grated Parmesan cheese, plus more for garnish

Directions:

Preheat oven to 400 degrees F.

Combine oil, garlic powder, 1/4 teaspoon pepper and 1/8 teaspoon salt in a small bowl. Using a silicone brush, coat mushrooms all over with the oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.

Meanwhile, combine spinach and 1 tablespoon water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Drain as much water as possible from the spinach, then transfer to a medium bowl. Add artichokes, cream cheese, Parmesan and the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt. Stir well to combine. Divide the mixture between the mushrooms and bake until hot, 7 to 10 minutes.

Tip: To prepare mushroom caps, gently twist off the stems of whole portobellos. Using a spoon, scrape off the brown gills from the underside of the mushroom caps. If you prefer, purchase mushroom caps rather than whole mushrooms.

