



# Spinach & Parmesan Stuffed Mushrooms

Servings 12 | Prep time 10 mins | Total time 30 mins.

**Equipment:** Damp towel, Mixing bowl, Baking sheet

**Utensils:** Stirring spoon, Measuring cups and spoons

## Ingredients

- 2 8 ounce packages (white or baby bella) mushrooms
- 1 10 ounce box chopped frozen spinach, defrosted and drained well
- 1/4 cup grated Parmesan cheese
- 2 tablespoons olive oil OR vegetable oil, plus more for brushing onto mushroom caps
- 1 1/2 teaspoons Italian seasoning
- 1/4 teaspoon salt
- 2 garlic cloves, minced OR 2 teaspoons garlic powder
- 1/4 cup plain bread crumbs

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Preheat oven to 400 degrees.
3. Remove and discard stems from mushrooms. Clean mushroom caps with a damp towel to remove any dirt.
4. Add the drained spinach to a bowl along with the Parmesan, oil, Italian seasoning, salt, garlic, and bread crumbs. Mix to combine the ingredients.
5. Spoon filling evenly into mushroom caps, lightly brush each mushroom cap with oil, and place them on a baking sheet.
6. Bake for 20 minutes until mushrooms are tender.

## Nutritional Information:

Calories 50  
Total Fat 3.5g  
Sodium 115mg  
Total Carbs 4g  
Protein 2g