

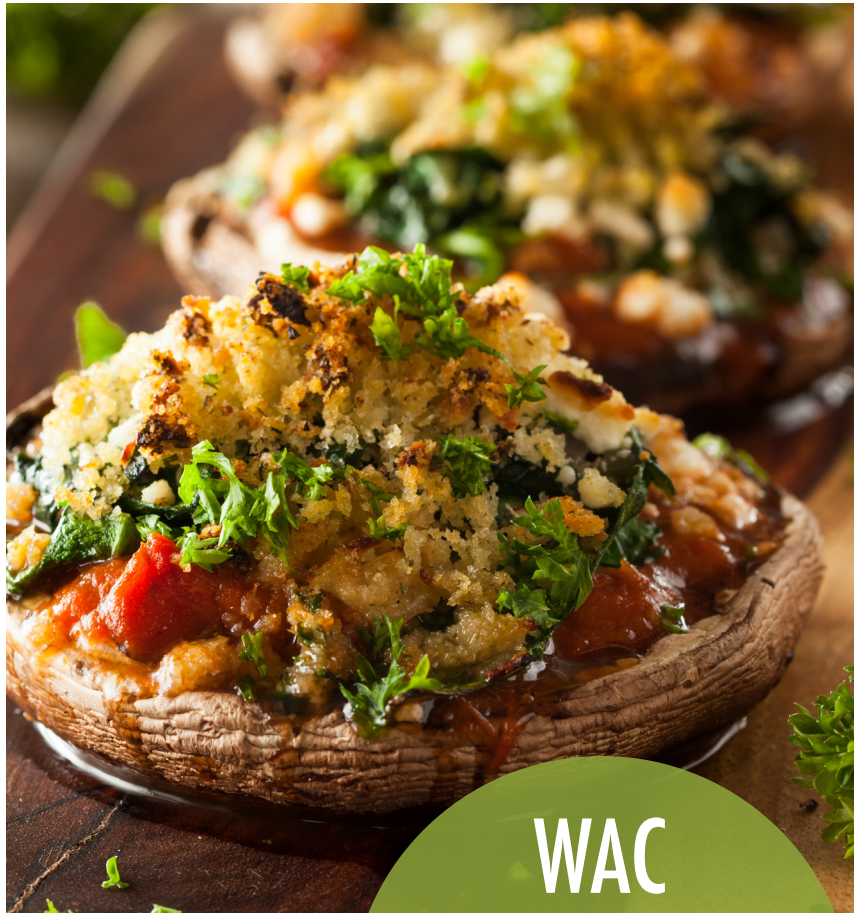
# Cheese & Spinach Stuffed PORTOBELLOS

## INGREDIENTS 4 servings

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- ½ cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped kalamata olives
- ½ teaspoon Italian seasoning
- ¾ cup prepared marinara sauce

## PREPARATION

- 1** Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
- 2** Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and ⅛ teaspoon pepper. Roast until tender, 20 to 25 minutes.
- 3** Meanwhile, mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining ⅛ teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1½ minutes.
- 4** When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous 1/3 cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.



## WAC Fun Food Fact

Incorporating a plant-based main dish a couple/few times a week is linked to better overall health, regardless of your eating style. Try this tasty mushroom entree that has a “meaty” texture.

Recipe of the Month | **SEPTEMBER**



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## Nutrition Information

Per serving: 196 calories; 10 g fat(5 g sat); 3 g fiber; 14 g carbohydrates; 13 g protein; 61 mcg folate; 29 mg cholesterol; 6 g sugars; 0 g added sugars; 1,365 IU vitamin A; 3 mg vitamin C; 281 mg calcium; 1 mg iron; 710 mg sodium; 710 mg potassium