

# Stuffed Portobello Mushrooms

## INGREDIENTS

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup 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

## DIRECTIONS

### STEP 1

Preheat oven to 450 degrees F. Coat a rimmed baking sheet with cooking spray.

### STEP 2

Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and 1/8 teaspoon pepper. Roast until tender, 20 to 25 minutes.

### STEP 3

Meanwhile, mash ricotta, spinach, 1/4 cup Parmesan, olives, Italian seasoning and the remaining 1/8 teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1 1/2 minutes.

### STEP 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 1/4 cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

## NUTRITION FACTS

Serving Size: 1 stuffed mushroom

Per Serving: 196 calories; protein 13.3g; carbohydrates 13.7g; dietary fiber 2.6g; sugars 5.8g; fat 10.4g; saturated fat 4.9g; cholesterol 28.8mg; vitamin a iu 1364.7IU; vitamin c 3.1mg; folate 61.4mcg; calcium 280.8mg; iron 1.3mg; magnesium 40.3mg; potassium 710mg; sodium 710.1mg; thiamin 0.1mg.



**Wisconsin Athletic Club**

[www.thewac.com/recipes](http://www.thewac.com/recipes)