

SPINACH AND GORGONZOLA STUFFED MUSHROOMS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 3 mushrooms)

Nutrition (per serving)

Calories: 79

Total Fat: 4 g

Saturated Fat: 2.5 g

Sodium: 149 mg

Total Carbohydrate: 5 g

Dietary Fiber: 2 g

Protein: 6 g



Ingredients

- Cooking spray
- 12 white or cremini mushrooms, cleaned, stems removed
- ½ cup gorgonzola cheese, chopped
- ½ cup canned artichoke hearts (drained and rinsed), chopped
- ½ cup fresh spinach, chopped
- 1 teaspoon dried basil
- ¼ teaspoon red pepper flakes
- 1/8 teaspoon nutmeg

Directions

1. Preheat oven to 450° Fahrenheit. Spray a baking sheet with cooking spray.
2. Place mushrooms caps, gill side up on the baking sheet and bake until tender, 10-15 minutes. Pour off excess liquid.
3. Combine all other ingredients in medium bowl and mix well.
4. Mound a tablespoon of the spinach and gorgonzola mixture into the cap of each mushroom.
5. Return to the oven and bake until melted, 5-10 more minutes.