



## Stuffed Mushrooms

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 20-25 MINS

### INGREDIENTS

12 large button or portobello mushrooms, stems removed and finely chopped  
1 tbsp. olive oil  
1 small yellow onion, finely diced  
2 cloves garlic, minced  
1 1/2 cups fresh spinach, chopped  
1/4 cup whole-wheat breadcrumbs  
1/2 cup grated Parmesan cheese  
1/2 cup nonfat plain greek yogurt  
2 tbsp. fresh parsley, chopped  
1/2 tsp. dried thyme  
Salt and pepper, to taste  
Lemon zest, chopped parsley and parmesan shavings (optional, for garnish)

### DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Lightly coat the mushroom caps with olive oil and arrange them on a baking sheet with the gill side facing up.
3. In a pan over medium heat, warm olive oil. Sauté diced onion and garlic for about 5 minutes until soft and fragrant. Add the chopped mushroom stems and spinach, cooking until the spinach wilts. Stir in breadcrumbs, Greek yogurt, Parmesan (if using), parsley, thyme, salt, and pepper. Mix until well combined.
4. Fill each mushroom cap with the prepared mixture.
5. Bake the stuffed mushrooms for 20-25 minutes, or until the tops are golden and the mushrooms are tender.
6. Garnish with lemon zest, fresh parsley, and Parmesan shavings before serving.

### NUTRITION

Serving size: 3 stuffed mushrooms  
(per serving) 156.8 calories, 7.6g fat, 2.8g saturated fat, 11.1mg cholesterol,  
293.3mg sodium, 11.9g carbohydrate, 2.5g fiber, 4g sugar, 11.9g protein