



## **Spinach and Ricotta Stuffed Mushrooms**

Makes: 4 servings

Recommended serving size: 2 mushrooms

### Ingredients:

8 large white mushroom caps

½ cup ricotta cheese

¼ cup spinach, finely chopped

Pinch of salt and pepper

½ teaspoon dried parsley

2 tablespoons grated Parmesan cheese

Parsley, for garnish

### Directions:

1. Preheat your oven to 375°F.
2. Spray a baking dish and rip the stems out of the mushrooms, adding the mushrooms to the baking dish upside down.
3. Add the ricotta cheese, chopped spinach, salt and pepper, and dried parsley to a bowl and stir until combined.
4. Spoon the mixture into the mushroom caps, dividing the mixture evenly.
5. Top each one with Parmesan cheese and back for about 25-30 minutes, or until the tops are golden brown.
6. Serve with chopped fresh parsley for garnish.

Nutrition information per serving (2 mushroom caps): 100 calories, 6 grams carbohydrates, 10 grams protein, 5 grams fat