

# Mushrooms with Crispy Goat Cheese

RECIPE MAKES: 8 SERVINGS

## INGREDIENTS

- 8 large Portobello mushrooms
- ½ Tbsp. Extra Virgin Olive Oil
- 2 shallot, finely sliced
- 2 cups baby spinach, sliced
- ½ cup panko breadcrumbs
- 1 garlic clove finely chopped
- 1 ½ cups marinara sauce (low sugar)
- 4 ounces soft goat cheese, ½ inch slices

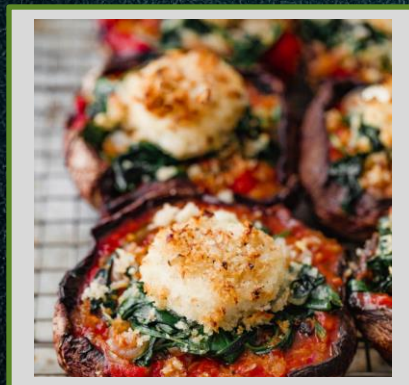
## NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1 Stuffed Mushroom
Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 422mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Preheat oven to 450°F. Place Portobello mushrooms stem side up on a baking sheet and lightly brush with olive oil.
2. Roast for 20 to 25 minutes, or until tender. Set aside on a large plate as you prepare the filling.
3. While mushrooms are cooking heat oil in large skillet over medium heat. Add sliced shallots and sauté for 4 minutes, stirring often. Add spinach and cook an additional 2 minutes.
4. Place mushrooms stem side up on baking tray lined with parchment paper. Assemble individual mushrooms each with 2 Tbsp. marinara sauce and prepared spinach.
5. In a small bowl mix fresh parsley, bread crumbs, and egg. Dip sliced goat cheese into bread crumb mixture and place on top of each mushroom.
6. Reduce oven temperature to 425°F and bake for 10 to 15 minutes, or until golden brown.
7. Enjoy!



Healthy Options

