



ARTICHOKE STUFFED MUSHROOMS

INGREDIENTS

- 1 cup (3 oz) of portabella mushrooms
- 2 tbsp of olive oil
- 1/2 tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- Spinach (fresh or frozen)
- Cream cheese (reduced fat)
- Parmesan cheese (combined with ¼ tsp salt, ¼ tsp pepper, ¼ tsp garlic powder)
- Artichoke hearts 5 oz (chopped and drained)

INSTRUCTIONS:

1. Preheat oven to 400 degrees F
2. Clean and wash portabella mushrooms, let dry. Combine garlic powder, salt, and pepper into olive oil. Mix and spread onto portabella mushroom top and bottom.
3. Bake for 10 minutes
4. Saute with water.
5. Combine cream cheese, parmesan, and artichoke hearts
6. Dump spinach onto paper towels and let dry, combine with artichoke mixture.
7. Fill mushrooms with mixture and bake for 7 to 10 more minutes
8. Serve