

Healthy Balance Spinach & Goat Cheese Stuffed Mushrooms

Prep time 10 mins

Cook time 20 mins

Total time 30 mins

Serves: approx 12 mushrooms

Ingredients

- ½ cup of sautéed fresh chopped spinach (I usually sauté in fry pan, med heat with minced garlic and olive oil)
- ¼ cup diced tomatoes
- 6 oz. of goat cheese, softened
- 1 teaspoon of dry basil
- 1/8 teaspoon of garlic powder
- 12 baby portabella mushrooms

Directions

- Preheat oven to 400°.
- In a large bowl mix sautéed spinach {that has been thawed, diced tomatoes, dry basil, garlic powder, and softened goat cheese. Use a hand mixer to mix together. Set aside.
- Remove stems from portabella mushrooms.
- Place mushrooms on a baking sheet lined with parchment paper, cap side down.
- Stuff each mushroom with the spinach goat cheese mixture and place back on baking sheet.
- Put in oven and bake for 20 minutes until golden brown.
- Remove from oven and let cool down for 5 minutes.