**Healthy Balance Spinach & Goat Cheese Stuffed Mushrooms**

Prep time 10 mins

Cook time 20 mins

Total time 30 mins

Serves: aprox 12 mushroooms

**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 400º.
* 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.