

5 A Day Recipes

Appetizers

Party Stuffed Mushrooms

Serves 4

Provides 1.5 vegetable servings per person

These bite-sized stuffed mushrooms can add 2 servings of vegetables to your day, even when it's served as a party appetizer! Start with 3 large or 5 small mushrooms per person. Clean them. Then remove and chop the stems. Now, add ½ teaspoon of olive oil, sauté a cup of onions and a clove of chopped garlic until soft. Then toss in the chopped mushroom stems. Cook to a soft paste, stirring often. Add 2 cups of chopped spinach, chopped walnuts, 2 tablespoons of grated Parmesan cheese, and a pinch each of salt, pepper, and nutmeg. Cook until the spinach wilts. Spoon the filling into the mushrooms and dust with a little Parmesan cheese and parsley. Bake for about 15 minutes.

- 12 large or 20 small mushrooms
- ½ teaspoon olive oil
- 1 cup finely chopped onion
- 1 clove garlic, chopped
- 2 cups chopped fresh spinach or 1 10-ounce package frozen, thawed with water squeezed out
- 1 tablespoon chopped walnuts
- 2 tablespoons grated Parmesan cheese
- ½ cup unseasoned bread crumbs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- pinch of nutmeg
- 2 tablespoons finely chopped parsley

1. Clean the mushrooms with a dry cloth and remove the stems. Chop the stems finely and set aside with the whole mushroom caps.

2. Heat the oil in a large heavy skillet. Sauté the onions until very soft, 10 to 15 minutes, adding chopped mushroom stems for the last 5 minutes. Add the garlic and cook another minute. Stir in the spinach, nuts, Parmesan, breadcrumbs, salt, pepper, and nutmeg. Cook until the spinach wilts or in the case of the frozen spinach, heats through.

Nutritional Analysis per serving:

114 calories
4 g fat
28% calories from fat
1 g saturated fat
8% calories from saturated fat
16 g carbohydrates
317 mg sodium
3 g dietary fiber

3. Coat the mushrooms lightly with pan spray. Stuff with the filling and bake at 350 degrees 15 minutes or until the mushrooms are soft and the tops, light brown. Scatter Parmesan cheese and parsley over the top and serve.