



## **Portobello Mushrooms with Italian Stuffing** (Adapted from Dairygoodness.ca)

2 large Portobello mushrooms or 4 medium sized  
1/2 cup ricotta cheese  
6 ounces frozen chopped spinach, thawed and squeezed dry  
6 ounces extra lean ground beef  
1 clove garlic, minced  
1/2 onion, minced  
1 cup grated mozzarella cheese  
1 teaspoon dried Italian seasoning  
1/2 teaspoon dried basil  
1/2 teaspoon red pepper flakes  
Salt and coarse ground black pepper  
2 tablespoons freshly grated parmesan cheese

Rinse and dry Portobello mushrooms. Remove and discard gills by using a sharp spoon or melon baller. Place mushroom caps on a shallow baking sheet and set aside. For stuffing combine ricotta, well squeezed spinach, ground beef, garlic, onion, mozzarella and dried herbs. Season well with salt and coarse ground black pepper. Pile loosely into mushroom caps. Top with grated parmesan cheese. Bake in preheated 400 F oven for 30 to 35 minutes until mushrooms are tender and the meat is cooked through. Serve with green salad.