



Four-Cheese Stuffed-Silly Mushrooms



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1/4th of recipe (3 stuffed mushrooms): 118 calories, 1.5g total fat (0.5g sat. fat), 359mg sodium, 16g carbs, 2.5g fiber, 6g sugars, 12g protein

Prep: 20 minutes **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

12 medium baby bella mushrooms (each about 2 inches wide), stems chopped and reserved
1/2 cup finely chopped onion
2 tbsp. chopped garlic
1 1/2 cups roughly chopped spinach leaves
1/2 cup fat-free ricotta cheese
1/4 cup fat-free cream cheese, room temperature
2 tbsp. shredded part-skim mozzarella cheese
1/4 tsp. ground nutmeg
1/4 tsp. salt
2 tsp. reduced-fat Parmesan-style grated topping
1 tsp. garlic powder

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place mushroom caps on the sheet, rounded sides down. Bake until tender, 12 to 14 minutes. Leave oven on.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Add chopped mushroom stems, onion, and chopped garlic. Cook and stir until softened, about 2 minutes. Add spinach and cook and stir until wilted, about 2 more minutes. Remove from heat and pat dry.

In a medium bowl, thoroughly mix ricotta cheese, cream cheese, mozzarella cheese, nutmeg, and salt. Stir in contents of the skillet.

Pat mushroom caps dry. Evenly distribute veggie-cheese mixture among the caps.

In a small bowl, mix Parm-style topping with garlic powder. Sprinkle over stuffed mushrooms.

Bake until topping begins to brown, 8 to 10 minutes. Enjoy!

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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