



## Pizza-Stuffed Mushrooms



Entire recipe (6 stuffed mushrooms): 87 calories, 3g total fat (2g sat fat), 229mg sodium, 7g carbs, 1g fiber, 3.5g sugars, 9.5g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 5 minutes    **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

6 medium baby bella mushrooms (each about 2 inches wide), stems removed and reserved  
2 tbsp. canned crushed tomatoes  
1 piece [Mini Babybel Light cheese](#), finely chopped  
*Seasonings: garlic powder, dried basil, onion 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, 8 - 10 minutes. Leave oven on.

Meanwhile, in a small bowl, generously season crushed tomatoes. Finely chop half of the mushroom stems (save the rest for another use or discard), and stir into tomatoes.

Blot away excess moisture from mushroom caps. Evenly distribute sauce mixture among the mushroom caps, and sprinkle with finely chopped cheese. Bake until sauce is hot and cheese has melted, about 3 minutes.

**MAKES 1 SERVING**

[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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