



## Stuffed 'n Squashed Mushroom Pack



1/2 of pack (1 stuffed mushroom): 92 calories, 2.25g total fat (1g sat fat), 397mg sodium, 11.5g carbs, 3.25g fiber, 4g sugars, 6g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Prep:** 15 minutes    **Cook:** 25 minutes



### Ingredients

2 large portabella mushrooms, stems chopped and reserved  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
1/2 tsp. chopped garlic  
1/2 tsp. dried minced onion  
1/8 tsp. salt, or more to taste  
Dash ground thyme, or more to taste  
1 summer squash (yellow or green), ends removed, finely diced  
1/2 tbsp. reduced-fat Parmesan-style grated topping

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps on the sheet with rounded sides down.

In a medium bowl, thoroughly mix cheese wedges, garlic, minced onion, salt, and thyme. Stir in chopped mushroom stems and diced squash. Divide mixture between the mushroom caps and sprinkle with Parm-style topping. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 25 minutes, or until mushrooms are tender.

Cut packet to release steam before opening entirely. Enjoy!

**MAKES 2 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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