



Spinach Stuffed Portobello

NIBBLEDISH CONTRIBUTOR

Ingredients

6 Large Portobello Mushrooms
3 Cups prewashed Spinach
1/3 Large Red Onion
1/2 Large Tomato
Dash Worcestershire Sauce
Dash Salt and Pepper
Dash Dried Parsely
PAM Olive Oil Spray
Olive Oil

Instructions

These are great and easy appetizers which you can make for large groups of people in a very short time.

- Preheat the oven to 400 degrees F
 - Prepare mushroom by removing the stems to allow for stuffing and place them in the oven on foil lined cooking sheet sprayed with PAM for about 5 minutes while you prepare the filling
 - In a pan, add drizzle olive oil and add onions, cook until tender
 - Then add tomatoes and spinach and cook until the spinach has wilted and the tomatoes are soft
 - Remove from heat
 - Open oven and spoon in filling onto the mushrooms which are already cooking
 - To each add a dash of worcestershire sauce, salt and pepper, and parsley
 - Cook for another 10-15 min
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Let cool and serve when cooled.
Serves 2-3.