



# 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.