



Cherry Tomato & Spinach Stuffed Portobello Mushrooms

Recipe by physicalfoodie

Course: **Entrées, Side Dishes**

Prep time
10 minutes

Cooking time
50 minutes

Total time
1 hour

Portobello mushrooms stuffed with cherry tomatoes, spinach and mozzarella cheese make an amazing meal healthy alternative to pizza. You can also slice them up as appetizers for your dinner guests.

Ingredients

- 4 large Portobello Mushrooms, stem removed, washed and dried
- Fresh mozzarella
- 2 cup cherry or grape tomatoes
- 4 ounces of baby spinach
- 2 tablespoons olive oil
- $\frac{1}{4}$ teaspoon salt
- a dash of ground black pepper
- 2 tablespoons of fresh chopped basil

For the garlic butter

- 2 tablespoons butter
- 1 clove garlic, minced

Directions

Filling

- 1** In a medium non-stick pan, heat up olive oil
- 2** Add tomatoes to the pan and sauté. Once they plump up and begin cracking, smash to release on the juices. Add salt and pepper and stir.
- 3** Once tomatoes are cooked and you get a thick sauce, turn off the heat and stir in the spinach. This may take 30-40 minutes depending how watery your tomatoes are.
- 4** When they are close to being done, preheat oven to broil. Arrange shelf to the middle of your oven.

Portobello Mushrooms

- 1** Combine the minced garlic and butter in a small saucepan and melt until butter is browned and fragrant. Turn off the heat. Brush the tops of each mushroom with the butter and place top side up on a baking tray.
- 2** Place baking sheet in oven for 5 minutes. Next, flip over the mushrooms, holding them up for a few seconds so all of the water comes out of the bottoms and brush with any remaining butter.
- 3** Slowly and very carefully, fill the bottoms of each mushroom cap. Top with thin slices of fresh mozzarella and chopped basil.
- 4** Place back into oven and cook 5 more minutes or until cheese has melted and started bubbling.

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