



Four-Cheese Stuffed Mushrooms

Prep Time: 20 mins

Cook Time: 8 mins

Total Time: 28 mins

Ingredients

24 large mushrooms
1 tablespoon oil, olive
8 tomato(es), sun-dried
boiling water
1 cup(s) cheese, ricotta, low-fat
1/2 cup(s) spinach
1/2 cup(s) cheese, shredded Monterey Jack
3 tablespoon cheese, grated Parmesan
2 clove(s) garlic, minced
1/4 teaspoon salt
1/4 teaspoon pepper, black ground
1/2 cup(s) cheese, feta, crumbled
1 tablespoon basil, fresh
basil, fresh

Preparation

1. Preheat oven to 350°F. Remove and discard mushroom stems. Brush mushroom caps with oil. Arrange in a shallow baking pan, stem sides down. Bake for 12 minutes. Drain off any liquid. Increase oven temperature to 450°F.

2. Meanwhile, in a small bowl, cover dried tomatoes with boiling water; let stand for 10 minutes. Drain tomatoes, discarding liquid. Coarsely snip tomatoes. In a medium bowl, combine snipped tomatoes, ricotta cheese, spinach, Monterey Jack cheese, Parmesan cheese, snipped basil, garlic, salt, and pepper. Turn mushroom caps stem sides up; fill caps with ricotta mixture. Sprinkle feta cheese over



Quick Info:

24 Servings

Contains Dairy

Diabetes-Friendly

Nutritional Info (Per serving):

Calories: 42, Saturated Fat: 1g, Sodium: 105mg, Dietary Fiber: 0g, Total Fat: 3g, Carbs: 2g, Sugars: 1g, Cholesterol: 8mg, Protein: 3g

Exchanges: Medium Fat Meat: 0.5

Recipe Source:

diabetic
LIVING

[More Diabetic Recipes](#)



Tested in the
Better Homes
and Gardens
Test Kitchen

tops.

3. Bake filled caps in the 450° oven for 8 to 10 minutes or until heated through and lightly browned. If desired, garnish with basil leaves.



Copyright © 2013 Everyday Health Media, LLC

The material on this web site is provided for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. [See additional information.](#)

Use of this site is subject to our [terms of service](#) and [privacy policy](#).