

Spinach and Ricotta Stuffed Mushrooms



Dive into our irresistible recipe for Spinach and Ricotta Stuffed Mushrooms. These delectable bites feature tender mushrooms filled with a creamy blend of spinach and ricotta, creating a burst of flavors. Try them today for a truly satisfying appetizer!

Preparation 20 min

Cooking 25 min

Portion 5x3

Nutrition Facts (per serving)

Calories 68 kcal

Fat 5 g

Carbohydrates 3 g

Fibre 1 g

Protein 4 g

Sodium 50 mg

Ingredients

- 15 mushrooms
- 15 ml (1 tbsp) olive oil
- 125 ml (½ cup) ricotta
- 125 ml (½ cup) minced spinach
- 60 ml (¼ cup) fresh cilantro
- 60 ml (¼ cup) fresh parsley
- 15 ml (1 tbsp) dried mixed herbs
- 1 garlic clove, minced
- 15 ml (1 tbsp) parmesan
- Salt and pepper, to taste

Preparation

1. Preheat the oven to 350°F and line a baking sheet with parchment paper or aluminum foil.
2. Clean and dry the mushrooms and remove their stems. Arrange them on the baking sheet and drizzle with olive oil.
3. Combine all the other ingredients in a bowl.
4. Using a spoon, fill each mushroom with the ricotta mixture.
5. Roast in the oven for 25 minutes, or until the filling looks well grilled.

Notes



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