

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE

### SPINACH STUFFED MUSHROOMS TOPPED WITH BREADCRUMBS AND PARMESAN

#### INGREDIENTS

Olive oil

1 Small Onion or 1 Large Shallot – Diced

12 Cremini Mushrooms – Stems Removed

2 Cloves Garlic – Grated or Minced

¼ Cup + 1 Tbsp Plain Breadcrumbs

¼ Cup Grated Parmesan

½ Tsp Onion Powder

5 Oz Bag of Baby Spinach

¼ Cup Mascarpone at Room Temp (or Cream Cheese, or Dairy Free Cream Cheese)

Salt & Pepper

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Clean the mushrooms with either a damp paper towel or mushroom brush to remove any dirt. Remove stems from the mushrooms so the caps have space for the filling.
3. Coat a square (8" x 8" or 9" x 9", whichever you have) baking dish with olive oil and arrange 9 mushrooms in the bottom of the dish (if they don't fit perfectly that's fine, they'll cook down).
4. Dice the onion or shallot, dice the mushroom stems plus any additional mushrooms, grate the garlic cloves on a rasp or push through a garlic press.
5. In a separate bowl mix the ¼ c parmesan & ¼ c breadcrumbs. Set these ingredients aside.
6. Heat a 10" sauté pan over medium heat. Add about 2.5 tbsp olive oil (a few turns of the pan to coat plus a little extra). Add the shallots or onions to the pan and keep them moving for a couple minutes. Add the diced mushrooms and get them all coated in the olive oil (mushrooms suck up a lot of oil, so if the pan looks dry or things start sticking, add a touch more oil). Sauté this mixture until the onions are translucent and the mushrooms have given up their liquid.
7. Add the garlic to the pan and stir just till fragrant (30 seconds or so). Season with salt and pepper (1 tsp salt, ½ tsp pepper appx).
8. Stir for another minute and then add all of the spinach to the pan. Wilt the spinach down by stirring into the mushroom mixture. The spinach should give off a bit of liquid as well (pinch of salt can help that along). Once wilted down you'll have a bit of liquid in the pan (if not, add a splash of water).
9. Add ½ tsp onion powder, 1 tbsp breadcrumbs and the mascarpone.
10. Turn off the heat and stir to combine. Taste the filling for salt, pepper and texture. (Mushrooms should be cooked through and the sauce should be pure lusciousness!)
11. Using two small spoons or a mini-ice cream scoop, scoop the warm filling into the mushroom caps. It should be overflowing, that's a good thing!
12. Next grab that bowl with the parm/breadcrumb mixture and top each mushroom with a generous pile of the combo. If it falls onto the bottom of the baking dish that's fine too! The parm will get crispy and golden on the bottom of the pan and it is a delish extra treat!
13. Place the baking dish, uncovered, into the center rack of the oven and set a timer for 20 mins. (If your oven cooks somewhat unevenly, spin the dish around after 10 mins.) 20 mins later you should have nice GBAD (golden brown and delicious) spinach stuffed mushrooms. Serve warm.

Chef's Note: Herbs can be added to the filling if you like – thyme, rosemary or oregano are all good. Just keep it simple. If you want to get fancy you could top with chopped fresh parsley, but who are we kidding? You want to devour these ASAP!