

Spinach, Feta & Artichoke Stuffed Mushrooms

For a savoury side dish, use this stuffing in portobellos.

Makes 28 1-1/2-inch stuffed mushrooms

Preparation: 15 - 20 minutes, plus 30
minutes baking and cooling.

28 1-1/2-inch (3.75 cm) white button or cremini mushrooms
1-1/2 ounces (45 g) French bread, cut in 1-inch (2.5 cm) pieces
1-1/2 ounces (45 g) Asiago cheese
1/3 cup (85 ml) lightly toasted pine nuts or walnuts
3 canned artichokes, well drained, then gently squeezed in paper towels to remove
excess moisture
1 clove garlic
1 shallot, about 1 ounce (30 g), peeled
12 ounces (340 g) fresh spinach, well washed and dried, tough stems removed
3/4 teaspoon (3 ml) Herbes de Provence
3 ounces (85 g) feta cheese, slightly crumbled
3 ounces (85 g) cream cheese (regular, not low or nonfat), cut into 1-inch (2.5 cm)
pieces

Insert the metal blade. Place the bread in the work bowl and process for 45 seconds to
make crumbs. Measure out 1/3 cup (85 ml) of the breadcrumbs and reserve in a small
bowl – save the remainder for another use. With the machine running, drop the Asiago
cheese down the small feed tube and process for 30 seconds until ground. Add the pine
nuts; pulse 5 times to coarsely chop. Transfer this mixture to the bowl with the
breadcrumbs. Pulse to chop the artichokes, about 10 times. Add to the breadcrumb
mixture and set aside. With the machine running, drop the garlic and shallot through the
small feed tube; process 5 seconds to chop. Scrape the work bowl. Add the spinach,
about 2 ounces (60 g) at a time;
pulse 10 to 12 times to chop after each addition. Add the Herbes de Provence, feta and
cream cheese; process for 20 seconds to incorporate. Add the reserved bread crumb
mixture; pulse about 10
to 12 times to incorporate. The stuffing may be made up to 2 days ahead. Rinse but do
not soak the mushrooms; dry thoroughly. Remove the stems. (The stems may be
chopped finely using the metal blade and pulse, then sautéed in a tablespoon of
unsalted butter. This mixture may be frozen, then used in soups,
stews, savory dressings or pilafs.) Preheat oven to 425 °F (220°C). Stuff each
mushroom with a scant tablespoon of the spinach mixture. Arrange in a shallow baking
dish that has been lightly coated with
olive oil – do not crowd. The mushrooms may be stuffed up to 8 hours ahead. If making
ahead, cover and refrigerate. Bake the mushrooms in the preheated oven for 20 to 25
minutes. Allow to rest for 5 minutes before serving.

Nutritional analysis per serving:

Calories 47 (57% from fat) • carbo. 3g • pro. 2g • fat 3g •
sat. fat 1g • chol. 6mg • sod. 97mg • fiber 2g