

Spinach & Feta Stuffed Mushrooms (Low Carb & Gluten Free)

Makes: 16 stuffed mushrooms

Serving Size: 4 stuffed mushrooms

Ingredients

16 mushroom caps, brushed of any debris
2 Tbsp butter
1/4 cup onion, chopped
6 cups baby spinach, raw
1/4 tsp ground nutmeg
1 Tbsp ground almonds
1/3 cup feta cheese, crumbled
Salt and pepper to taste



Instructions

In a medium pan heat the butter and onions, cooking until softened, 3 – 5 minutes. Add the spinach and cook for about 2 minutes, or until wilted. Remove the pan from the heat and add the nutmeg, ground almonds, and feta cheese. Season with salt and pepper to taste (optional). Cool. Stuff filling into mushroom caps and place on a cookie sheet. Bake for 15 minutes at 375 degrees (F) or until the mushrooms are tender. Alternatively, grill the mushrooms for about 6 – 8 minutes under medium heat. Serve hot.

Approximate nutrition information:

Per serving (4 mushrooms):

Kcal	110
Sat Fat	5g
Net Carbs	4g
Protein	5g