

Easy Curried Spinach Stuffed Mushrooms

Description

These are very filling, healthy and tasty.

Prep time: Fifteen minutes

Cook time: Ten minutes

Total time: Twenty five minutes

Servings: 4

Ingredients

- 1 Coconut Curry Spinach, creamed
- 4 Portobello mushroom caps
- 1/4 cup of oil and vinegar salad dressing
- 1 ounce of preferred nuts

Instructions

1. Make the creamed coconut curry spinach and set aside.
2. Cut off the mushroom stems and scrape out the black gills using a spoon. Rub one teaspoon of salad on the back of the mushroom cap and then place in the pan with the stem side up.
3. Pour about two teaspoons of the salad dressing into each mushroom cap. Sprinkle with pepper and salt. Cover the pan with a plastic wrap and set aside to marinate for about one hour.
4. Transfer the mushroom to the grill and cook on high for about five minutes. Flip the mushrooms over and grill for an additional five minutes.
5. Scoop the curried spinach mixture into the grilled mushrooms and broil in the oven for about five minutes.
6. Top the stuffed mushrooms with some chopped nuts and serve.