



GREEK-STYLE BEEF STUFFED PORTOBELLO MUSHROOMS

Enjoy a taste of the Mediterranean with a savory Portobello mushroom stuffed with Greek-seasoned Ground Beef plus a variety of fresh toppings.

40 MIN 4 SERVINGS 319 CAL 35 G PROTEIN

INGREDIENTS:

- 1 pound Ground Beef (93% or leaner)
- 4 large portobello mushroom caps, stems removed and chopped
- 1/2 cup diced onion
- 2 tablespoons Greek seasoning
- 1-1/2 teaspoons minced garlic
- 1/8 teaspoon pepper
- 1 package (10 ounces) frozen chopped spinach, thawed, squeezed dry
- 3/4 cup crumbled reduced-sodium feta cheese, divided
- 1 cup diced seeded tomatoes
- 1/4 cup finely diced pitted Kalamata olives

Toppings:

tzatziki sauce, balsamic glaze, Greek salad dressing, hummus, roasted red pepper strips, diced cucumbers

COOKING:

1. Preheat oven to 350°F. Coat each mushroom cap with nonstick cooking spray and place on aluminum foil-lined baking pan. Bake in 350°F oven 15 to 17 minutes or until mushrooms are fork tender.
2. Meanwhile, preheat large nonstick skillet over medium heat until hot. Add ground beef, cook 5 to 7 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Add mushroom stems, onion, Greek seasoning, garlic and pepper; cook 3 to 5 minutes or until beef is thoroughly cooked and onion is translucent. Stir in spinach and 1/2 cup feta. Keep warm.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

3. Evenly divide beef mixture among mushroom caps (about 1 cup each), mounding as needed. Top with tomatoes, remaining 1/4 cup feta and olives. Top with tzatziki, balsamic glaze, salad dressing, red peppers and cucumbers, as desired.

Cook's Tip: To stuff each mushroom cap, fill a 1-cup dry measure with one quarter of beef mixture, pressing lightly. Invert cup, placing beef mixture into mushroom cap.

TEST KITCHEN TIPS

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319 CALORIES

8g SAT FAT

35g PROTEIN

4.8 mg IRON

8.2 mg ZINC

* Based on a 2,000 calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 319 Calories; 16g Total Fat; 8g Saturated Fat; 5g Monounsaturated Fat; 109mg Cholesterol; 456mg Sodium; 12g Total carbohydrate; 35g Protein; 4.8mg Iron; 10.9mg Niacin; 0.8mg Vitamin B6; 136.3mg Choline; 3.3mcg Vitamin B12; 8.2mg Zinc; 45.3mcg Selenium; 4.1g Fiber.