

SPINACH STUFFED MUSHROOMS (SOUTH BEACH DIET COOKBOOK) -

Free of dairy, eggs, wheat, soy, nuts

1 package (10oz) frozen chopped spinach

1/8 tsp salt

8 large mushrooms

1 TB extra-virgin olive oil

In a medium saucepan, bring ½ cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends then chop the stems.

Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to the skillet and sauté for 4-5 minutes. Remove the mushroom caps to a heatproof serving platter.

Drain the spinach. Stir in the sautéed chopped mushrooms. Spoon the spinach mixture in to the caps and serve immediately or place in the oven on low heat to keep warm.