

SIDE DISH

Spinach and Artichoke Stuffed Portobellos

24 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	20	\$0.64	48 kcal



Spinach and Artichoke Stuffed Portobellos requires roughly 25 minutes from start to finish. One serving contains 48 calories, 2g of protein, and 3g of fat. For 64 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. This recipe serves 20.

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 cloves garlic, chopped
- ☐ 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- ☐ 1 small yellow skinned onion, chopped
- ☐ 4 sprigs fresh thyme, chopped, about 2 tablespoons
- ☐ 3 slices Italian bread, toasted and chopped into small cubes
- ☐ 2 teaspoons extra-virgin olive oil, a drizzle
- ☐ ¼ cup grated Parmigiano-Reggiano, a handful

☐ 5 medium portobello mushroom caps

☐ 20 servings Salt and freshly ground black pepper

☐ 1 pound fresh spinach, coarsely chopped

☐ ½ cup packaged or canned chicken or vegetable stock

☐ 1 can 6 to 8 count, 15 ounces, artichoke hearts in water, drained well on paper towels

EQUIPMENT Food processor, Frying pan, Baking sheet, Oven, Stove

Method

- 1 Preheat oven to 375 degrees F.
- 2 Heat a large nonstick skillet over medium high heat.
- 3 Add a drizzle of oil and the portobello caps. Season caps with salt and pepper, to taste, and cook 3 minutes on each side.
- 4 Add balsamic to the pan and allow the vinegar to cook away as it coats the caps.
- 5 Transfer balsamic glazed caps to a cookie sheet. Return pan to the stove and add oil, garlic and onion.
- 6 Saute onions and garlic 3 minutes, add spinach to the pan and let it wilt. Coarsely chop artichoke hearts in the food processor and add to the spinach. Season veggies with salt and pepper and thyme.
- 7 Add chopped toast and dampen stuffing with chicken or vegetable stock.
- 8 Combine stuffing and sprinkle in a little grated cheese. Top each mushroom with 1/5 of the filling. Set mushrooms in oven for 5 minutes to set the filling.
- 9 Cut each mushroom into 4 pieces and transfer to a serving dish.

Nutrition per serving

48 KCAL	2 g PROTEIN	3 g FAT	5 g CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			2.1 g · 2% of daily needs
Sodium			119 mg · 5% of daily needs
Cholesterol			0.9 mg · 0% of daily needs
Vitamin C			7.1 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spinach-and-artichoke-stuffed-portobellos-144889