Spinach Stuffed Portobello Mushrooms with Linguine Pomodoro

Serves 4. Total time 40 minutes.

Spinach Stuffed Portobello Mushrooms

4 very large portobello mushroom caps 20 oz. frozen chopped spinach, thawed and squeezed dry
1 T. olive oil, divided ½ tsp. salt
2 T. balsamic vinegar, divided ¼ tsp. crushed red pepper flakes, optional
½ tsp. crushed red pepper flakes, optional freshly ground black pepper to taste
1 small onion, halved and sliced lengthwise ¼ cup pine nuts or chopped walnuts
3 garlic cloves, chopped 4 T. shredded Parmesan cheese

Directions:
1. Preheat the oven to 400° F. Spray a 9-in. square baking dish with nonstick cooking spray. Remove stems from mushrooms, chop, and set aside. Place mushroom caps stem side up in baking dish. Drizzle with ½ T. olive oil, balsamic vinegar, and crushed red pepper, if desired. Bake for about 10 minutes or until mushrooms are slightly shrunken but not completely cooked through.

2. Meanwhile, warm ½ T. olive oil in a medium skillet over medium heat. Add onion and sauté until translucent about 5 minutes. Add garlic and cook 1 minute. Add spinach, salt, and pepper, and 1 T. balsamic vinegar; cook 1 minute to heat through.

3. Remove mushroom caps from oven. Fill each one generously with spinach filling and top with pine nuts and Parmesan. Bake for an additional 7 minutes.

Linguine Pomodoro

8 ounces whole wheat linguine, uncooked freshly ground black pepper to taste
½ T. olive oil ¼ tsp. crushed red pepper flakes, optional
4 cups diced Roma tomatoes (about 2 pounds) 5 garlic cloves, chopped
½ cup balsamic vinegar ¼ cup chopped fresh basil
½ tsp. salt

Directions:
1. Bring a large pot of water to boil. Add linguine, lower heat to medium-high, and simmer for 8 minutes until al dente. Drain.

2. Meanwhile, heat the olive oil in a large nonstick skillet. Add tomatoes, vinegar, salt, and pepper and cook over medium-high heat for 10 minutes, stirring occasionally. Add the garlic and cook for 1 minute. Toss with hot linguine and top with fresh basil.

Total Meal Nutrition Information (per 1/4 of recipe): 465 calories, 20 g protein, 17 g fat, 3 g saturated fat, 67 g carbohydrate, 14 g fiber, 4 mg cholesterol, 472 mg sodium
1 serving equals: 1 whole grain, 0.5 protein/ dairy, 3 vegetable, 1.5 fat

Shopping List

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**Produce Section**
- 4 cups diced Roma tomatoes (about 2 pounds)
- 4 very large portobello mushroom caps
- 1 small onion, halved and sliced lengthwise
- \( \frac{1}{2} \) cup chopped fresh basil
- 8 garlic cloves, chopped

**Dry Goods Section**
- 8 ounces whole wheat linguine, uncooked
- \( \frac{1}{4} \) cup pine nuts (see tip #1)
- 1-\( \frac{1}{2} \) T. olive oil
- \( \frac{1}{4} \) cup + 2 T. balsamic vinegar
- crushed red pepper flakes, optional

**Frozen Foods Section**
- 20 oz. frozen chopped spinach

**Meat/Dairy Section**
- 4 T. shredded Parmesan cheese

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**Smart Shopper Tip #1:**
Pine nuts are the seeds of pine trees. They are a common ingredient found in pesto. Their rich and slightly sweet flavor is delicious with many types of Italian dishes.

Pine nuts may be stocked with the other nuts or in the spice section of your local supermarket. If you can’t find them, substitute chopped walnuts.