



**NUTRITION** *per serving* 22g carbohydrates 8g fat 11g protein 946mg sodium | low-calorie, low-carb, vegetarian, shellfish-free



Calories  
192



Prep & Cook Time  
45-55 min.



Cook Within  
7 days



Difficulty  
Intermediate



Spice Level  
Not Spicy



HOME CHEF

HOLIDAY SPECIAL (SERVES 6-8)

## Spinach- and Parmesan-Stuffed Mushrooms

New Year's Eve party appetizers

### IN YOUR BOX

16 oz. Cremini Mushrooms  
1 Shallot  
4 oz. Spinach  
5 fl. oz. Canned Evaporated Whole Milk  
½ cup Panko Breadcrumbs  
1 ½ oz. Grated Parmesan Cheese

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Mixing Bowl  
Large Non-Stick Pan

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Parmesan is used twice. Half is added to **stuffing** and remaining tops **mushroom caps** before they bake.

## FROM THE CHEF

Ever had soggy, bland stuffed mushrooms? Roasting caps before stuffing solves the problem: it evaporates moisture and intensifies flavor.

### Did you know...

Technically a fungus and not a vegetable, mushrooms don't have leaves, roots, or seeds, and don't need sunlight to grow. The largest living organism ever found is a honey mushroom. It covers 3.4 square miles of land in the Blue Mountains of eastern Oregon. And it's still growing... #fungusamongus



### Prepare the Ingredients

Stem **mushrooms** and finely mince stems. Peel and mince **shallot**. Coarsely chop **spinach**.



### Cook the Mushroom Caps

Toss **mushroom caps** with 1½ Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a large mixing bowl. Place caps, stem side up, on prepared baking sheet and roast 20 minutes, turning caps over halfway through cooking. While mushroom caps roast, make stuffing.



### Make the Stuffing

Heat a large non-stick pan over medium-high heat. Add 4 tsp. **olive oil**, **mushroom stems**, and **shallot** to hot pan and cook, stirring occasionally, until browned, 5 minutes. Add **spinach** and **evaporated milk** and cook, stirring occasionally, 4 minutes. Stir in **panko** and **half the Parmesan** (reserve remaining for topping mushrooms). Season with ½ tsp. **salt** and ¼ tsp. **pepper**, remove from burner, and transfer to a plate to cool.



### Stuff the Mushrooms

Remove **caps** from oven and stuff with 1 ½ tsp. to 1 Tbsp. **stuffing** each. *Stuffing should overfill caps.* Top with remaining **Parmesan**.



### Bake the Mushrooms

Return baking sheet to oven and bake until **mushrooms** are warmed through, 5-7 minutes.



### Plate the Dish

Arrange **mushrooms** on a large platter.