

Oven Mushroom with Spinach

Delicious baked spinach stuffed mushrooms with cream cheese and herbs. Perfect appetizer or side dish. Easy 45-minute recipe with healthy vegetables.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 0.9 lb mushroom
- 0.7 lb spinach
- 1 onion
- 3.4 oz heavy cream
- 3.2 oz kashari cheese
- 2 tbsp butter
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the oven and mushrooms

Preheat oven to 400°F (200°C). Clean 0.9 lb mushrooms with a damp paper towel and remove stems by gently twisting them off. Use a small spoon to scrape out the dark gills from the mushroom caps, creating space for filling.

2 Cook and drain the spinach

Place 0.7 lb fresh spinach in a large skillet over medium heat and cook for 2-3 minutes until completely wilted. Transfer to a clean kitchen towel and squeeze firmly to remove as much water as possible, then roughly chop the drained spinach.

3 Sauté the onion

Heat 2 tablespoons butter in the same skillet over medium heat until melted. Add 1 diced onion and cook for 4-5 minutes, stirring occasionally, until soft and translucent.

4 **Make the filling**

Remove skillet from heat and stir in the chopped spinach, 3.4 oz cream cheese, 1 teaspoon salt, and 1 teaspoon pepper. Mix until cream cheese is melted and filling is well combined.

5 **Pre-bake mushroom caps**

Arrange mushroom caps gill-side up on a baking sheet. Bake for 8-10 minutes until mushrooms release their moisture and are slightly tender.

6 **Stuff and bake**

Remove mushrooms from oven and divide spinach filling evenly among the caps, mounding it slightly. Top each with 3.2 oz shredded cheese, dividing evenly.

7 Return to oven and bake for 12-15 minutes until cheese is melted and golden brown and mushrooms are fork-tender. Serve immediately while hot.

Tips

Choose firm, fresh mushrooms: Select cremini or large button mushrooms that feel firm and dry. Avoid any with dark spots or slimy surfaces, as these won't hold their shape during baking.

Remove all moisture from spinach: Whether using fresh or frozen spinach, thoroughly drain and squeeze out excess water using a clean kitchen towel. This prevents the filling from becoming watery and soggy.

Don't skip the pre-baking step: Baking the mushroom caps for 10 minutes before adding the filling allows them to release moisture and prevents the final dish from being watery.

Room temperature cream cheese mixes easier: Take cream cheese out of the refrigerator 30 minutes before preparing the filling. This ensures smooth, lump-free mixing with the other ingredients.

Clean mushrooms with a damp cloth, not running water: Mushrooms absorb water quickly, which can make them soggy. Use a damp paper towel to gently wipe away any dirt or debris.

Fill mushrooms generously but don't overstuff: Mound the filling slightly above the mushroom rim, but avoid overpacking, which can cause spillage during baking.

Brush mushroom edges with olive oil: Lightly brushing the mushroom caps with olive oil before baking helps them develop a beautiful golden color and prevents them from drying out.

Serve immediately for best texture: Stuffed mushrooms are best enjoyed hot from the oven when the filling is bubbly and the mushrooms are tender but still hold their shape.