 **Burger Stuffed Mushroom**

*Serves 4*

**Ingredients**

4 Portobello mushroom caps

1 lb lean ground beef, turkey, or soy crumbles

1 cup shredded cheddar cheese

½ cup fresh spinach, chopped

½ onion, chopped

**Directions**

1. Preheat oven to 375 degrees F.
2. Remove stems from mushroom caps, chop, and add to a bowl. Scrape the insides of the mushroom caps and remove the gills.
3. Place ground protein of choice in bowl with chopped mushroom stems. Add ½ cup cheese, onion, and chopped spinach. Season with salt and pepper to taste.
4. Season mushrooms with salt and pepper on both sides. Place on a baking sheet.
5. Form mixture into four patties and place one in each mushroom cap.
6. Bake for 20 minutes. Remove from oven and top with remaining cheese. Return to oven until cheese has melted.
7. Top with your favorite burger toppings!

**Nutrition**

*270 cals, 4g C, 32g P, 14g F*