

Cleo Coyle's Foolproof Stuffed Mushrooms

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

This is a wonderful foolproof recipe for stuffed mushroom caps. **Why is it foolproof?** Because you won't have to worry about under- or over-cooking them. *Ever.* Mushrooms make a tasty snack and elegant appetizer. They're low in fat and calories. They're also full of good nutrition, including selenium. Because selenium is primarily found in animal proteins, mushrooms are also one of the best choices for vegetarians to obtain it. [Click here](#) to read more about the health benefits of the humble 'shroom. And now...

Cleo's Foolproof Method:

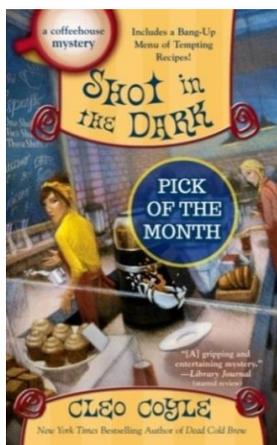
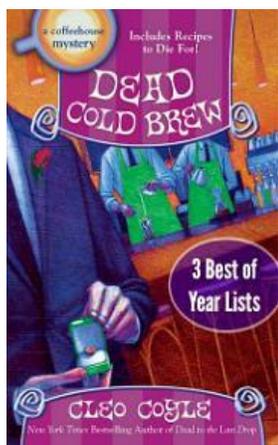
Step 1 - Place empty mushroom caps (with open sides down) on a baking sheet or pie plate in a pre-heated 400° F. oven for 10 minutes.

Step 2 – Using 2 forks, flip and fill the mushroom caps (see below).

Step 3 - Cook filled caps 10 minutes more at 400° F., and they're done!

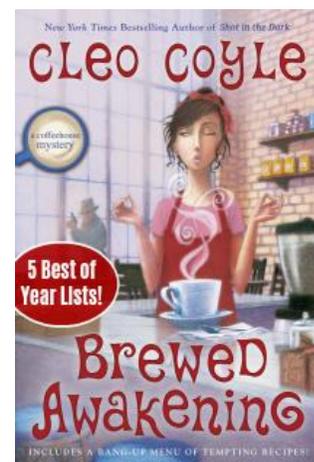
Filling? If you don't like my stuffing recipe on the next page, try a combo of soft and hard cheeses (and add seasoned breadcrumbs, if you like). Or you can combine the two cheeses with with crumbled, cooked bacon or sausage, or pepperoni, or any cooked and seasoned ground meat.

Eat with joy! ~ Cleo



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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Cleo Coyle's Spinach and Ricotta Stuffed Mushrooms

Text & photos (c) by Alice Alfonsi, who writes the [Coffeehouse Mysteries](#) as Cleo Coyle with her husband, Marc Cerasini

These babies are incredibly versatile. Marc and I enjoy them for casual snacks in the afternoon or evening. On the other hand, you can put them on a party tray for elegant little bites to enjoy with cocktails or a glass of wine. Best of all they're quick and easy to make; and with this foolproof cooking method, they'll come out perfect every time.

Ingredients:

1/4 cup frozen chopped spinach, thawed and drained
8 to 10 fresh, white button mushrooms (*medium to large*)
1/4 cup ricotta cheese (*whole or part-skim*)
2 tablespoons strong, salty grated cheese (*I use Romano*)
1/4 teaspoon white (*or black*) **pepper**
2 tablespoons (*1 ounce*) **shredded mozzarella cheese** (*whole or part-skim*)

Step 1 - Make the stuffing: Thaw your chopped frozen spinach (but do not cook). Place the spinach in a colander over the sink and gently press out as much liquid as you can. (I do this hours in advance or even an entire day before. Then I place the spinach in a bowl, loosely cover it with foil and keep it in the fridge to dry it out even more.)

After your spinach is well drained, measure out 1/4 cup of it and mix it in a bowl with the ricotta, the grated Romano cheese (or your favorite hard, salty cheese), and the ground pepper. Do not add the mozzarella yet.

Step 2 - Prep the mushroom caps: Clean your mushrooms and remove the stems. Lightly scrape the inside of the caps with the tip of a small teaspoon to hollow them out a bit more. Place the mushrooms, open side down, on a baking sheet or pie plate. Bake for 10 minutes in a well pre-heated 400° F. oven.

Step 3 - Fill and bake: Remove the pan from the oven and, using two forks, flip over the caps. Now their open sides should be up. Fill each cap with the spinach-ricotta stuffing, garnish with a bit of shredded mozzarella (*and optional seasoned breadcrumbs, if using*) and return the mushrooms to the oven for another 10 minutes. Remove the pan, plate the caps and...

Eat with joy!

~ Cleo



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