

## Portobello Mushroom Stacked Lasagna

Prep time: 15 minutes

Cooking time: 24 minutes

Net Carbs: 15.0 Fiber: 6 Protein: 24.5 Fat: 30 Calories: 438

Servings Quantity: 4

### Ingredients

2            Tablespoons olive oil  
2            garlic cloves, minced and divided  
8            Pieces extra-large portobello caps, stem and gills removed  
1 1/4        Teaspoons salt  
15          Ounce-weights whole-milk ricotta  
1            package (10 ounce) frozen chopped spinach, thawed  
2/3 Cup    Asiago cheese, coarsely shredded  
1            large egg, lightly beaten  
1/4         Teaspoon freshly grated nutmeg, optional  
1/4         Teaspoon ground pepper  
3/4         Cup marinara sauce

### Directions

Heat oven to 425°F.

Mix oil and garlic in a microwavable cup

Microwave until aromatic and lightly golden, about 30 seconds.

Brush oil onto both sides of mushrooms, and sprinkle with salt.

Arrange, smooth sides up, in a single layer in a baking pan.

Bake 10 minutes.

### Make the filling:

While mushrooms are baking, stir together ricotta, spinach, Asiago cheese, egg, nutmeg, salt, pepper and garlic in a large bowl.

Remove mushrooms from oven.

Turn over 4 mushrooms, gill side up, and divide filling evenly onto caps

Drizzle 1 tablespoon tomato sauce over each.

Cover with remaining caps, smooth side up.

Pour remaining tomato sauce evenly over tops, and bake until filling is hot and slightly puffed, 12 to 14 minutes more.

Lift stack with a large spatula to include any stuffing that may surround sides.



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