Prep Time: 15 minutes
Cook Time: 25-30 minutes
Total Time: 45 minutes
Servings: 4 (2 mushroom caps each) or 8 as an appetizer

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Introduction

Stuffed Portobello Mushrooms are the ultimate show-stopping dish that proves vegetables can absolutely be the star of the plate. With their meaty texture, earthy flavor, and impressive size, portobello caps make a perfect natural vessel for a savory, cheesy filling. This recipe stuffs them with a flavorful mixture of ricotta, spinach, garlic, sun-dried tomatoes, and Parmesan, then bakes them until the mushrooms are tender and the filling is golden and bubbly.

Whether you serve them as a hearty vegetarian main course or as an elegant appetizer at your next dinner party, these stuffed mushrooms are guaranteed to impress. They are

surprisingly easy to prepare—no complicated techniques, just simple layering and baking—yet they look and taste like a restaurant-quality dish. The combination of the juicy, umami-rich mushroom, the creamy herbed cheese filling, and the crispy breadcrumb topping is absolutely irresistible. Pair them with a side salad and a glass of wine, and you have a meal that feels both indulgent and wholesome.

Ingredients

For the Mushrooms:

- 8 large portobello mushroom caps (about 3-4 inches wide)
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic, minced

For the Filling:

- 1 cup ricotta cheese (whole milk for best flavor)
- ½ cup shredded mozzarella cheese, divided

- ¼ cup grated Parmesan cheese, divided
- 1 (10 oz) package frozen chopped spinach, thawed and squeezed very dry
- ¼ cup sun-dried tomatoes (oil-packed or rehydrated), finely chopped
- 1 large egg, lightly beaten
- 2 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Pinch of red pepper flakes (optional)

For the Topping:

- ¼ cup Panko breadcrumbs
- 2 tablespoons grated Parmesan cheese

- 1 tablespoon olive oil
- 1 tablespoon chopped fresh parsley or basil

For Garnish (Optional):

- Fresh basil or parsley
- Balsamic glaze
- Extra Parmesan cheese

Equipment

- Rimmed baking sheet
- Parchment paper or aluminum foil
- Paper towels
- Mixing bowls (medium and small)
- Spoon or small scoop

- Chef’s knife and cutting board
- Pastry brush (optional)

Instructions

Phase 1: Prep the Mushrooms (Time: 10 Minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 400°F (200°C). Line a rimmed baking sheet with parchment paper or aluminum foil for easy cleanup.

2. Clean the Mushrooms: Gently wipe the portobello caps clean with a damp paper towel. Do not soak them in water—mushrooms absorb liquid like sponges and will become soggy. If the stems are still attached, remove them and chop finely (they can be added to the filling).

3. Remove the Gills: Using a spoon, gently scrape out the dark gills from the underside of each cap. This step is optional but improves the texture and appearance of the final dish. Be careful not to break the mushroom.

4. Season the Caps: Brush both sides of the mushroom caps with olive oil. Sprinkle the insides with salt, black pepper, and minced garlic. Place the caps gill-side up on the prepared baking sheet.

Phase 2: Make the Filling (Time: 8 Minutes | Intensity: Medium)

1. Squeeze the Spinach: Thaw the frozen spinach and squeeze out as much water as possible using a clean kitchen towel or cheesecloth. This is a crucial step—excess water will make the filling soggy. You should end up with about ½ cup of dry spinach.

2. Combine Ricotta & Cheeses: In a medium mixing bowl, combine the ricotta cheese, ¼ cup of the shredded mozzarella, 2 tablespoons of the grated Parmesan, the squeezed spinach, chopped sun-dried tomatoes, beaten egg, minced garlic, Italian seasoning, salt, black pepper, and red pepper flakes (if using). Stir until well combined and smooth.

3. Taste & Adjust: Taste the filling and adjust the seasoning to your liking. It should be well-seasoned and flavorful.

Phase 3: Stuff the Mushrooms (Time: 5 Minutes | Intensity: Low)

1. Fill the Caps: Using a spoon or small scoop, divide the ricotta-spinach filling evenly among the mushroom caps, mounding it slightly in the center. Do not overfill—the filling should sit nicely within the cap.

2. Top with Cheese: Sprinkle the remaining ¼ cup of shredded mozzarella and 2 tablespoons of grated Parmesan over the tops of the stuffed mushrooms.

Phase 4: Make the Breadcrumb Topping (Time: 2 Minutes |

Intensity: Low)

1. Combine Topping Ingredients: In a small bowl, combine the Panko breadcrumbs, grated Parmesan, and olive oil. Mix until the breadcrumbs are evenly coated and slightly moistened.

2. Sprinkle: Sprinkle the breadcrumb mixture evenly over the tops of the stuffed mushrooms. This creates a crispy, golden crust that contrasts beautifully with the creamy filling.

Phase 5: Bake (Time: 25-30 Minutes | Intensity: Low)

1. Bake: Transfer the baking sheet to the preheated oven and bake for 25 to 30 minutes, until the mushrooms are tender, the filling is hot and bubbly, and the breadcrumb topping is golden brown.

2. Broil (Optional): For an extra-crispy top, switch the oven to broil for the last 2-3 minutes. Watch carefully to prevent burning.

3. Rest: Remove from the oven and let the mushrooms rest for 5 minutes before serving. This allows the filling to set slightly and makes them easier to handle.

Phase 6: Garnish & Serve (Time: 2 Minutes | Intensity: Low)

1. Garnish: Sprinkle with fresh chopped parsley or basil and drizzle with balsamic glaze if desired.

2. Serve: Serve hot as a main course with a side salad, or as an appetizer with crusty bread.

Flavor Variations

- Sausage-Stuffed: Add ½ cup of cooked, crumbled Italian sausage to the ricotta filling for a hearty, meaty version.
- Mediterranean: Substitute the spinach with chopped roasted red peppers and add crumbled feta cheese and kalamata olives.
- Quinoa & Veggie: Replace half the ricotta with cooked quinoa and add finely chopped zucchini and bell pepper for a protein-packed vegetarian option.
- Spicy Southwest: Add ½ teaspoon of chili powder, ¼ teaspoon of cumin, and diced jalapeño to the filling. Top with pepper jack cheese.
- Vegan: Use a dairy-free ricotta alternative (such as cashew ricotta), nutritional yeast, and dairy-free Parmesan. Omit the egg and use a flax egg instead.

Nutrition

Note: Nutritional information is an estimate based on 2 stuffed mushrooms (1 serving) and does not include optional garnishes.

Serving Size: 2 stuffed mushrooms
Calories: 320
Total Fat: 20g
Saturated Fat: 9g
Cholesterol: 75mg
Sodium: 680mg
Total Carbohydrates: 14g
Dietary Fiber: 4g
Sugars: 4g
Protein: 18g