



Stuffed 'n Squashed Mushroom Pack



1/2 of pack (1 stuffed mushroom): 92 calories, 2.25g total fat (1g sat. fat), 397mg sodium, 11.5g carbs, 3.25g fiber, 4g sugars, 6g protein

Prep: 15 minutes **Cook:** 25 minutes



Ingredients

2 large portabella mushrooms, stems chopped and reserved
2 wedges The Laughing Cow Light Creamy Swiss cheese
1/2 tsp. chopped garlic
1/2 tsp. dried minced onion
1/8 tsp. salt, or more to taste
Dash ground thyme, or more to taste
1 summer squash (yellow or green), ends removed, finely diced
1/2 tbsp. reduced-fat Parmesan-style grated topping

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps on the sheet with rounded sides down.

In a medium bowl, thoroughly mix cheese wedges, garlic, minced onion, salt, and thyme. Stir in chopped mushroom stems and diced squash. Divide mixture between the mushroom caps and sprinkle with Parm-style topping. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 25 minutes, or until mushrooms are tender.

Cut packet to release steam before opening entirely. Enjoy!

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.