

Feta Spinach Mushroom Caps

1/2 cup finely chopped onion
1 clove garlic minced or 1/4 tsp. powder (optional)
2 tsp. hard margarine (or butter)
10 oz. box of frozen spinach, thawed squeezed dry and finely chopped
Seasoned salt
Pepper, heavy sprinkle
1 cup crumbled feta cheese
1 tsp. parsley flakes
1/4 tsp. dried sweet basil
1/4 tsp. dried whole oregano
1 lb fresh medium mushrooms (about 40), cleaned stems removed

1. Saute onion and garlic in margarine in frying pan for about 3 minutes until onion is soft.
2. Add spinach, seasoned salt and pepper. Sauté for 3-4 minutes until spinach is tender. Drain.
3. Turn into medium bowl. Cool Completely.
4. Add cheese, parsley flakes, basil and oregano.
5. Stir.
6. Pack about 2 tsp. filling in each mushroom cap.
7. Arrange on ungreased baking sheet.
8. Bake, uncovered, in 450 degree oven for 6-8 minutes, until hot. To cook from frozen, bake for about 10 minutes until heated through.

Makes about 40 mushroom caps.

