Crab-stuffed Mushrooms

24 medium mushrooms
1 8oz package of low-fat cream cheese, softened
1 cup cooked and flaked crab (canned is fine-drained)
¼ tsp garlic powder
¼ tsp dried basil
1 tsp lemon juice
½ cup cheddar cheese, shredded
2 tbsp parmesan cheese, grated

Lightly grease a large baking dish with cooking spray. Clean mushrooms, brushing or wiping off any dirt with a damp cloth. Remove stems, setting the caps aside. Discard half the amount of the mushroom stems and and finely chop the rest. Combine the chopped mushroom stems, cream cheese, crab, garlic powder, basil, lemon juice, Worcestershire, scallions, and lemon pepper seasoning in a large bowl, mix thoroughly.

Fill the mushroom caps with the cream cheese mixture. Set the caps in the prepared baking dish, stuffed side up. Sprinkle cheese over the stuffed caps. Refrigerate for at least 4 hours (overnight is fine). Preheat oven to 450 degrees. Bake mushrooms for 15-20 minutes, until the caps are hot and the cheese is bubbly and browned.

Inside Out Lasagna

8 oz whole wheat rotini
1 tbsp olive oil
1 small onion, chopped
3 cloves garlic, sliced
8 oz sliced white mushrooms (3 ½ cups)
½ tsp salt
¼ tsp ground pepper

Bring a large pot of water to a boil. Add pasta and cook until just tender, 8-10 minutes. Drain and transfer to a large bowl. Heat a large skillet over medium heat. Add onion, garlic and sauté for 3 minutes. Add mushrooms, salt, and pepper. Cook while stirring until mushrooms release their liquid, 4-6 minutes.

Add tomatoes, spinach and crushed red pepper. Increase heat to medium-high; stirring once for 4-6 minutes until the spinach is wilted. Toss the sauce with the pasta and drop the ricotta evenly throughout.

2 ½ cups baby spinach
½ tsp crushed red pepper
¾ cup part-skim ricotta cheese
14oz can diced tomatoes with italian herbs
1 14oz can diced tomatoes with italian herbs

Inside Out Lasagna

8 oz whole wheat rotini
1 tbsp olive oil
1 small onion, chopped
3 cloves garlic, sliced
8 oz sliced white mushrooms (3 ½ cups)
½ tsp salt
¼ tsp ground pepper

Bring a large pot of water to a boil. Add pasta and cook until just tender, 8-10 minutes. Drain and transfer to a large bowl. Heat a large skillet over medium heat. Add onion, garlic and sauté for 3 minutes. Add mushrooms, salt, and pepper. Cook while stirring until mushrooms release their liquid, 4-6 minutes.

Add tomatoes, spinach and crushed red pepper. Increase heat to medium-high; stirring once for 4-6 minutes until the spinach is wilted. Toss the sauce with the pasta and drop the ricotta evenly throughout.