

PHILLY CHEESESTEAK STUFFED PORTOBELLO MUSHROOMS

5

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SP 7 Smart Points | ★ 256 calories

Total Time: 30 minutes

It doesn't get much better than a low-carb, Philly Cheesesteak Stuffed in a Portobello Mushroom! Steak and mushrooms work so well together, so why not make stuff them with this cheesy deliciousness!



INGREDIENTS:

- 6 ounces thin sliced sirloin steaks
- 1/8 teaspoon kosher salt
- black pepper to taste
- cooking spray
- 3/4 cup diced onion
- 3/4 cup diced green pepper
- 1/4 cup light sour cream
- 2 tablespoons light mayonnaise
- 2 oz light cream cheese, softened
- 3 oz shredded mild provolone cheese (or cheese of your choice)
- 4 medium portobello mushrooms, with no cracks

DIRECTIONS:

1. Preheat the oven to 400F. Spray a baking sheet with oil.
2. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.
3. Season steak with salt and pepper on both sides.
4. Spray a large skillet with cooking spray and heat on high, let the pan get very hot then add the steak and cook on high heat about 1 to 1 1/2 minutes on each side, until cooked through.

5. Transfer to a cutting board and slice thin, set aside.
6. Reduce the heat to medium-low, spray with more oil and saute onions and peppers 5 to 6 minutes, until soft.
7. Combine all the ingredients in a medium bowl. Transfer to the mushroom caps, about 1/2 cup each.
8. Bake in the oven until the cheese is melted and the mushrooms are tender, about 20 minutes.

NUTRITION INFORMATION Yield: 4 servings, Serving Size: 1 mushroom cap

Amount Per Serving: Smart Points: 7, Points +: 7, Calories: 256, Total Fat: 16g, Saturated Fat: 8.5g, Cholesterol: 26.5mg, Sodium: 383.5mg, Carbohydrates: 10g, Fiber: 4g, Sugar: 3.5g, Protein: 19g

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