

Stuffed Portobello mushrooms with quinoa, walnuts and sun-dried tomatoes

Ingredients

- 4 large Portobello mushrooms, stems and gills removed
- 1 tablespoon olive oil, plus more for brushing
- ½ cup raw quinoa, rinsed
- 1 cup vegetable broth or water
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- ½ cup raw walnuts, toasted and finely chopped
- ⅓ cup oil-packed sun-dried tomatoes, drained and finely chopped
- 2 tablespoons nutritional yeast or Parmesan cheese, extra for garnish
- 1 teaspoon dried Italian herbs
- Salt and freshly ground black pepper to taste
- 2 tablespoons fresh parsley or basil, chopped for garnish



Nutritional information

Servings: 4

Cost: \$10.55/\$2.64

Calories: 324 per serving

Directions

- Preheat oven to 375 degrees and line a baking sheet with parchment paper.
- Place mushroom caps gill-side up on baking sheet and brush with olive oil.
- In a small saucepan, combine bring quinoa and vegetable broth to a boil, reduce heat, cover and simmer about 15 minutes, or until liquid is absorbed. Fluff with a fork and set aside.
- In a skillet, heat 1 tablespoon olive oil over medium heat, then add onion and garlic and sauté until onion is translucent, about 3 minutes.
- In a large bowl, combine cooked quinoa, sautéed onion and garlic, chopped walnuts, sun-dried tomatoes, nutritional yeast or cheese and Italian herbs, mixing well. Salt and pepper to taste.
- Spoon quinoa mixture into each mushroom cap, pressing down gently to pack.
- Bake 20–25 minutes, until mushrooms are tender and filling is golden brown on top.
- Serve warm, garnished with chopped fresh herbs and extra nutritional yeast or Parmesan cheese.