

Stuffed Red Quinoa Mushrooms

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Ingredients	Quantity	Measure
Red quinoa	1/2	cup
Water	1	cup
Salt	1	teaspoon
Button mushrooms, whole with stem removed and reserved	24	each
Olive oil	1	ounce
Onion, minced	1/4	cup
Garlic, minced	1/4	cup
Fresh parsley	3	tablespoons
Fresh oregano	1/4	cup
Sriracha	1/2	tablespoon
Salt	1	teaspoon
Non-dairy cream cheese	1/4	cup
Non-dairy mozzarella cheese, shredded	1/4	cup

Preparation

1. Rinse quinoa, boil water, add salt and quinoa. Cook until water is absorbed, about 15 minutes. Fluff with a fork.
2. Put 1 ounce of oil in sauté pan, add chopped stems, onions, and garlic. Allow to cool.
3. Stir in parsley, oregano, sriracha, salt, and cream cheese.
4. Spoon the filling into each mushroom, top with mozzarella.
5. Bake for 10-12 minutes at 350 degrees.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 58 Total Fat: 5g Saturated Fat: .5g Carbohydrate: 3.5g Protein: 1g Sodium: 152mg Vitamin A: 3µg
Vitamin C: 1mg Calcium: 6mg Iron: 0 Folic Acid: 7µg

