
Vegetarian Stuffed Portobello Mushrooms

Description

These meaty mushrooms are not only a great appetizer, but can also stand on their own as a main course option with a starchy, high-fiber companion like quinoa or couscous.

Total time: 1 hr Yield: 5 to 6 servings

Ingredients

6 large portobello mushroom caps, reserve stems (stemmed, gills scraped)
2 cup fresh spinach (packed, chopped)
1 cup cottage cheese (pureed in a processor or mashed until smooth)
1/4 cup plain Greek yogurt
1 cup chopped, prepared vegetarian sausage
1/4 cup shredded cheese
1/4 cup Parmesan cheese (shredded or grated)
garlic salt (to taste)
3/4 cup panko
cooking spray
fresh or dried parsley (for garnish)

Prep Time: 30 min Cooking Time: 30 min Total Time: 1 hr

Instructions

Preheat oven to 375°. Finely chop the mushroom stems. In a medium bowl, combine the chopped stems, spinach, cottage cheese, plain Greek yogurt, vegetarian sausage, shredded cheese, Parmesan cheese, black pepper and garlic salt to taste and fold into a thick paste.

On a sheet pan or in a roasting pan, place the mushroom caps top-side down and evenly divide the mixture onto the mushrooms, covering the surface of each. Cover generously with panko, then cooking spray and finish with a sprinkle of parsley. Bake for 25 minutes or until tops are evenly browned and the mushroom caps are tender but still a bit firm.

Recipe brought to you by:

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