



Stuffed Mushrooms

Yield: 6 servings

Ingredients

- ½ cup brown rice
- 1 ½ cups water
- ½ cup diced onion
- ½ cup diced celery
- 2 teaspoons minced garlic
- 1½ teaspoons nutritional yeast
- ½ teaspoon dried sage
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- ¼ cup walnuts
- 1 pound button mushrooms-
stems removed
- ¼ cup curly parsley

Instructions

1. Heat oven to 400 degrees.
2. In a small saucepan, over high heat, add rice, water, onion, celery, garlic, nutritional yeast, sage, salt, thyme and black pepper. Bring to a boil and cover and cook until rice is soft, about 40 minutes. If additional water is needed, add another ¼ cup of water, at a time, until rice is cooked.
3. Meanwhile, in a 9" x 13" baking pan, place walnuts and bake in the oven for about 8 minutes, until lightly toasted.
4. Remove walnuts from the baking pan and then add the mushroom caps to the baking pan (excluding the stems), top sides facing down, and bake for 10 minutes.
5. Once rice has finished cooking, overly fill the cooked mushroom caps with the rice mixture. Bake in the oven for 10 minutes.
6. Place the walnuts and the parsley on a cutting board and finely chop. Garnish the baked stuff mushrooms with the parsley and walnut mixture.

Nutrition Information

Serving Size: 3-4 mushrooms

- Calories: 112
- Total Fat: 3.4 g
- Saturated Fat: 0.4 g
- Monounsaturated Fat: 0.5 g
- Polyunsaturated Fat: 2.2 g
- Protein: 4.3 g
- Carbohydrate: 18 g
- Sugars: 2.2 g
- Dietary Fiber: 1.9 g
- Sodium: 174 mg

Source: Spectrum Health Culinary Medicine

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X24394 © Spectrum Health 10.2020

