

Quinoa-Stuffed Portobello Mushrooms

Have a plentiful harvest of summer vegetables? Put them to good use with this healthy, fresh dinner.

Ingredients

- 4 large portobello mushrooms with stems, divided
- 1/2 cup uncooked quinoa
- 1 cup vegetable broth
- 3 tbsp balsamic vinegar, divided
- 1 small zucchini
- 3/4 cup canned quartered artichoke hearts, drained
- 4 green onions with tops
- 2 plum tomatoes
- 2 oz Asiago cheese
- 2 tbsp chopped fresh basil leaves
- 1 garlic clove, pressed
- 1/4 tsp coarsely ground black pepper
- 4 cups mixed greens salad blend



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Instructions

1. Preheat the oven to 375°F. Line the [Large Sheet Pan](#) with foil. Remove the stems from the mushrooms and set caps aside. Chop the mushroom stems to measure 1/2 cup using the [Food Chopper](#). Place the quinoa in an [8" Stainless Mesh Colander](#) and rinse it under cold water for 30 seconds. Bring the broth to a boil over medium-high heat; Reduce the heat to medium; simmer, covered, 15 minutes or until the liquid is absorbed. Place the quinoa mixture in a [Classic Batter Bowl](#).
2. Meanwhile, remove and discard the brown gills from the undersides of mushroom caps (see Cook's Tip). Place the mushrooms, rounded side down, onto the pan. Place 5 tsp of the balsamic vinegar in a [1-Cup Prep Bowl](#); brush generously over both sides of mushrooms using a [Chef's Silicone Basting Brush](#).
3. For the filling, chop the zucchini using a [Forged 5" \(13-CM\) Santoku Knife](#). Thinly slice the artichokes and green onions. Seed and dice the tomatoes. Grate the cheese. Add the zucchini, artichokes, onions, tomatoes, cheese, basil, pressed garlic, black pepper, and 1 tsp of the vinegar to the quinoa mixture; toss thoroughly to combine.
4. Spoon the filling evenly into the mushrooms. Bake for 20-25 minutes or until the mushrooms are tender. Combine mixed greens and remaining 1 tbsp of the balsamic vinegar; toss to coat. Serve the mushrooms with mixed greens.

Yields 4 servings of 1 filled mushroom, 1 cup greens

U.S. Nutrients per serving:

Calories 210, Calories from Fat 60, Total Fat 6 g, Saturated Fat 2.5 g, Trans Fat 0 g, Cholesterol 15 mg, Sodium 400 mg, Carbohydrate 29 g, Fiber 6 g, Sugars 7 g, Protein 10 g

Cook's Tips:

To clean mushrooms, wipe them with a damp paper towel. To prevent mushrooms from becoming soggy, do not clean them until ready to use.

When removing brown gills from underside of mushrooms, leave a small amount of the gills around the outer edge. This will help keep the mushroom caps intact when baking.