

STUFFED MUSHROOMS

Makes: 6-8 servings

For the mushrooms:

20-30 cremini or button mushrooms (2 packages – 227g/8 oz each), cleaned and stems removed

1 Tbsp extra virgin olive oil

1/4 tsp kosher salt

1/4 tsp freshly ground black pepper

For the filling:

2 medium garlic cloves

1/2 cup fresh flat leaf parsley leaves

1/2 cup panko breadcrumbs

1/4 cup nutritional yeast

1/2 tsp kosher salt

1/4 tsp freshly ground black pepper

2 Tbsp extra virgin olive oil

To finish:

3 Tbsp pine nuts

2 Tbsp balsamic glaze

Parsley leaves

Extra salt, optional

DIRECTIONS:

1. Preheat oven to 400°F and prepare parchment lined baking sheet.
2. Place mushrooms button side down on a parchment lined baking sheet and drizzle with oil, salt, and pepper. Bake for 10 minutes.
3. Meanwhile, place garlic in food processor and pulse until minced. Add parsley, panko, nutritional yeast, salt, pepper, and oil. Pulse just until combined.
4. Once mushrooms are ready, take out of oven, leave liquid in the cap, and fill with about a teaspoon of the mixture. Bake for 10 minutes.
5. Meanwhile, heat a small skillet and toast pine-nuts on medium heat until lightly golden (about 2-3 minutes).
6. Once mushrooms are ready, place on a platter, drizzle with balsamic glaze and top with pine nuts and extra salt if desired. Decorate plate with fresh parsley leaves.