

Stuffed Portabella with Arugula & Pear Salad



Makes:

2 servings, as a first course or light brunch entree

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Portabella mushrooms make the perfect edible bowl for a light first-course salad. A layer of warm melted blue cheese compliments crisp peppery arugula greens and tart pears.

2 portabella mushroom caps, stems removed, cleaned,
seasoned with salt and pepper
2 tablespoons
blue cheese, divided ($\frac{1}{2}$ inside mushroom caps, $\frac{1}{2}$ tossed in salad
mixture)
(17
g)
1 tablespoon
shallots, finely minced
(10
g)
 $\frac{1}{2}$ teaspoon
brown mustard
(2
g)
2 teaspoons
balsamic vinegar
(10
mL)
1 tablespoon
lemon juice, fresh
(15
mL)
1 tablespoon
olive oil
(15
mL)
1 Bartlett pear, processed, use Cone #3
3 - 4 cups

baby arugula greens, lightly chopped
(60 - 80
g)
salt and pepper to taste

Directions:

1. Preheat skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 minutes, add portabella mushroom caps with inside of cap facing up. Cover with 11" Large Skillet Cover.
2. When Vapo-Valve™ clicks, reduce heat to low and cook until mushrooms are tender but still slightly firm, approximately 5 - 6 minutes. Turn off heat. Remove cover and pour off any excess liquid remaining in mushroom caps.
3. Sprinkle 1 tablespoon (8.5 g) crumbled blue cheese inside mushroom caps. Place cover back on skillet.
4. Meanwhile, in a bowl, whisk together shallots, brown mustard, balsamic vinegar, lemon juice and olive oil. Add pear, chopped arugula, salt and pepper to taste, and toss to combine.
5. Remove warm mushroom caps from skillet and transfer to serving plate. Top each cap with $\frac{1}{2}$ of the tossed salad mixture, heaping it into the cap. Top each mushroom with remaining $\frac{1}{2}$ of crumbled blue cheese. Garnish with a few pear slices, if desired.
6. This salad is best served when the mushroom cap is still warm and the cheese is soft and melted.

Tips:

- Substitute balsamic vinegar for a fruity raspberry vinegar.
- Vary fruits according to what is available in season; try strawberries, raspberries or crisp apples.
- I prefer the red Bartlett pear slightly under ripened, for the pretty color and contrasting texture.
- The cover of the Saladmaster 11" Large Skillet interchanges with the 10" Chef's Gourmet as well as the 7 Qt. Roaster.

Nutritional Information per

▼ Serving

Calories: 213

Total Fat: 9g

Saturated Fat: 2g

Cholesterol: 5mg

Sodium: 137mg

Total 30g

Carbs:

Dietary Fiber: 7g

Sugar: 16g

Protein: 7g

Nutritional analysis calculated using 4 cups arugula