

Stuffed Portabella Mushrooms



Makes:

6 - 8 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
Mega Skillet Limited Edition
large mixing bowl

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Recipe:

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Recipe Description:

These nutrient and flavor packed mushrooms make a tasty vegetarian entrée, topped with Spinach Basil Pesto. Pesto is a great way to get raw dark leafy greens into your diet. Spinach is a good source of vitamins C and A, manganese and iron.

Visit the **Mega Skillet Limited Edition** product section of this site for more [recipes](#).

Stuffed Mushrooms

1/2 head cauliflower, trimmed of leaves, cored and cut into pieces
1 1/2 cups millet, washed and drained
(300 g)
2 cloves garlic, peeled and chopped
1 zucchini, julienned, use Cone #2
1/2 cup onion, strung, use Cone #2
(80 g)
1 teaspoon basil, dry
(1 g)
1/2 teaspoon salt
(3 g)
1/2 teaspoon pepper
(2

g)
3 ½ cups
vegetable broth, divided

(830
mL)

6 - 8 large portabella mushrooms, washed to remove dirt, stem removed (depending on size, choose how many will fit in Mega Skillet)

Spinach Basil Pesto

1
cup walnuts, (50 g) 3
toasted cloves garlic, peeled ½
cup tightly packed fresh basil (12 g) 1 ½
leaves ½
cups tightly packed fresh (45 g) ¼ - ½
spinach 3
cup Parmesan cheese (50 g) cup water (60 - mL) ½
120 ¼
tablespoons olive oil (45 mL) teaspoon salt (3 g)
teaspoon cayenne pepper (.5 g) **Directions:**

1. Place cauliflower, millet, garlic, zucchini, onions, basil, salt, pepper and 3 cups of vegetable stock in sauce pan. Cover and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low.
2. Cook millet mixture for 30 minutes. When cooking time is done, turn off heat and let rest for 10 minutes with the cover on.
3. Place mushrooms, cup side up, close together in Mega Skillet in a single layer.
4. When cauliflower and millet mixture is cooked, place in bowl and mash with a food masher to combine. If mixture is dry, add a little additional vegetable stock. Taste mixture and adjust seasonings as necessary. Mixture should be the consistency of mashed potatoes.
5. Divide vegetable and millet mash evenly in portabella mushroom caps, mounding mixture in each cap. Pour remaining ½ cup (120 mL) of vegetable stock over mushrooms.
6. Place cover on skillet and set temperature to medium heat. When Vapo-Valve™ begins to click steadily, reduce heat to low. Cook mushrooms for 8 - 10 minutes (depending on size) or until mushrooms are cooked.
7. For a crispy top on mushrooms, preheat oven broiler on 400°F/204°C degrees, remove cover and detachable handles from skillet and place under oven broiler for 5 minutes before serving.
8. Top mushrooms with Spinach Basil Pesto and a sprinkle of Parmesan cheese.

Spinach Basil Pesto

1. Place toasted walnuts in food processor fitted with metal blade. Pulse walnuts to grind.
2. Place garlic, basil, spinach into food processor, pulse to grind and incorporate greens.
3. Scrape down nuts and greens in the food processor; add Parmesan cheese, water, olive oil, salt and cayenne pepper.
4. Process mixture until smooth, adding more water if too thick.
5. Serve dollop of pesto on top of each mushroom.

Tips:

- Substitute crimini mushrooms or baby Bella mushrooms for appetizer sized portions.
- Pesto is a versatile staple to have in your refrigerator.

Combine a tablespoon or two with steamed vegetables, toss into cooked pasta, use as a topping for fish or pan fried chicken breasts.

- For variations to the pesto, substitute spinach for baby kale leaves or vary herbs; try fresh parsley or cilantro.
- For a vegan pesto, substitute grated Parmesan cheese for 2 tablespoons of nutritional yeast.

Nutritional Information per

▼ Serving

Stuffed Mushrooms

Calories: 218

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 596mg

Total 43g

Carbs:

Dietary Fiber: 8g

Sugar: 6g

Protein: 10g

Analysis based on 8 servings without Parmesan cheese garnish

Spinach Basil Pesto (yields 2 ½ cups)

Calories: 116

Fat: 11g

Saturated Fat: 2g

Cholesterol: 6mg

Sodium: 246mg

Carbohydrate: 2g

Fiber: 1g

Sugar: 0g

Protein: 4g

Analysis based on 8 servings