Dr. Rebecca Hauser ND Pinewood Naturopathic Medical Clinic

Stuffed mushrooms

Ingredients

- 3 ounces day-old white bread (~3 slices or 1/3 cup bread crumbs) crusts removed *
- 2 scallions, white and light-green parts only, roughly chopped
- 1 red bell pepper, seeded and roughly chopped
- 3 ounces fresh goat cheese (or your favorite creamy cheese)**
- 1/4 cup finely chopped fresh cilantro leaves
- 1 ounce dry Monterey Jack or Parmesan, grated on small holes of box grater**
- 1 1/2 teaspoons salt to taste
- 1/4 teaspoon freshly ground black pepper
- 48 button mushrooms (about 1 1/2 pounds), stems removed and caps cleaned

Directions

Pulse the bread in the bowl of a food processor until finely chopped. Transfer to a bowl. Place the scallions, bell pepper, and goat cheese in the bowl of a food processor, and pulse until finely chopped and well combined. Transfer mixture to the bowl with the breadcrumbs, and stir. Stir in the cilantro, half the grated Monterey Jack, salt, and pepper.

Heat oven to 350 degrees; position rack in the center of oven. Place mushroom caps, cups facing upward, on a large cookie sheet. Spoon a heaping teaspoon of stuffing mixture into each cap. Bake until mushrooms are tender and filling is hot, 15 to 20 minutes. Remove mushrooms, turn oven to broil, and position rack about 4 inches from broiler. Sprinkle mushrooms with remaining grated cheese, and broil until cheese is golden, about 1 minute. Serve immediately.

The stuffing can be made up to a day ahead and stored in an airtight container in the refrigerator.

^{*}to make gluten free use either gluten free bread, or try rice crackers.

^{**} dairy free: use a dairy free cheese alternative or use simply add more of the other ingredients. Using hummus or other creamy spreads in place of cheese is also a great option.