



TOFU STUFFED MUSHROOM BITES

Yield: 10 servings (1 serving = 4 mushrooms)

Ingredients:

40 whole	Large crimini/baby bella mushrooms
3 tablespoons	balsamic vinegar
8 ounces	organic extra firm tofu
1 divided	red bell pepper divided
12 ounces	baby spinach
1/2 cup	walnuts
2 cloves	garlic
1/2 whole	small onion
1/2 cup	whole wheat panko breadcrumbs
	olive oil
	sea salt

Preparation:

1. Preheat oven to 400°.
2. Remove the stems of the mushrooms and place the tops into a bowl of cold water. Remove and drain.
3. Remove tofu from package, wrap it in paper towels and gently squeeze the liquid out. Cut into three and set aside.
4. Wash and prepare the bell pepper by cutting it in half and removing the seeds and stem. Keep one half intact and mince the other half and set aside.
5. Prepare garlic cloves by removing the skins and prepare onion by chopping off the ends and removing the skin.
6. Place the spinach, half red pepper, tofu, walnuts, garlic, and onions into a food processor (or blender) and chop to a rough paste, adding olive oil if needed to desired consistency and sea salt to desired taste.
*Note: If using a blender, chop the red pepper, tofu and spinach into smaller pieces before blending.
7. Remove stuffing from processor and mix with panko flakes in a medium bowl.
8. Brush the tops and pockets of the mushrooms with balsamic vinegar, and place ½ teaspoon-1 teaspoon worth of the stuffing into the mushroom pocket (depends on the mushroom size).
9. Line mushrooms up on a baking sheet, and bake for about 15 minutes, or until the moisture is mostly removed from the mushrooms.
10. Top with chopped red pepper and serve.

Nutrition Information (1 serving): 131 Calories; 7 grams protein; 5.3 grams fat; 0.5 grams saturated fat; 16 grams carbohydrate; 2 grams fiber; 77 mg sodium