

Stuffed Mushrooms

Hosted by: Needhee Solanki, Zone Staff
Student Health and Well-being

Ingredients (Yield: Makes about 10 mushrooms)

- about 10 mushrooms
- 1/4 cup walnuts
- 1/8 cup crispy rice cereal, like rice krispies (gluten-free)
- 1/4 onion, finely chopped
- fresh thyme, about 5 sprigs
- 1 tbsp parsley, chopped
- 1 tbsp parmesan, shredded
- Goat cheese, about 2 oz (I used garlic/herb)
- Salt and pepper, to taste



Preparation

1. Preheat oven to 400 degrees
 2. Clean mushrooms and carefully remove stems
 3. Take out any leftover stem piece so that the centers make little bowls
 4. In a small pan, heat a little olive oil over medium heat
 5. Saute onions with fresh thyme and a sprinkle of salt
 6. Meanwhile, finely dice mushroom stems
 7. After a few minutes, when onions have softened, add mushroom stems
 8. Put walnuts and rice cereal in a food processor and blend until forms a crumbly texture
 9. Add walnut/cereal crumbs, parmesan, and parsley to onion/mushroom mixture
 10. Stir and remove from heat
 11. Using your fingers, press the mixture into the middle of mushrooms and press down to fill
 12. Top each mushroom with a small pinch of goat cheese.
 13. Lightly brush mushrooms with oil
 14. Bake for about 15 minutes, until golden brown
-