



QUINOA AND ZUCCHINI STUFFED MUSHROOMS

QUICK INFORMATION

TIME



1 HR

SERVES



8

CALORIES



120

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- 1/2 cup of Lundberg Family Farms Antique White Quinoa
- 1lb of baby cremini mushrooms
- 1/2 a medium zucchini, finely diced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1 teaspoon onion powder
- Zest and juice of 1 lemon
- 4 tablespoons cream cheese, softened
- 2 tablespoons of grated parmesan cheese
- Salt and pepper

NUTRITIONAL FACTS

Serving Size: 97g

AMOUNT PER SERVING

Calories 120 Calories from Fat 60

Total Fat 7g
Saturated Fat 2g
Trans Fat 0g

Cholesterol 10mg

Sodium 270mg

Total Carbohydrate 12g
Dietary Fiber 2g
Sugars 2g

Protein 4g

PREPARATION

Cook quinoa according to package direction. Preheat oven to 350F.

Clean mushroom caps by wiping with damp paper towel to remove excess dirt, remove seam from caps.

Finely chop mushroom stems and dice zucchini.

To a medium skillet, heat 1 tablespoon of olive oil over medium heat, add mushroom stems and cook until lightly brown about 3-4 minutes. Season lightly with salt and pepper

Add zucchini and sauté for an additional 5 minutes. Add minced garlic, rosemary, thyme and onion powder, season with salt and pepper and cook for another minute.

Add cooked quinoa and toss to combine. Remove from heat, add cream cheese, lemon juice and zest, mix well until thoroughly combined. Season with salt and pepper.

On a rimmed sheet, drizzle mushroom caps with 1 tablespoon of olive oil, season lightly with salt and pepper toss to coat. Fill each mushroom cavity with heaping spoonful of quinoa mixture.

Top mushroom caps with parmesan cheese and bake for 25-30 minutes. Until cheese is light golden brown and mushrooms are tender.

Enjoy!