

## From Lisa's Kitchen...Sarah's Perfect 4Leaf Portabellas



My sister, Sarah, made these stuffed mushroom caps for our very first 4Leaf Dinner Party. They were a hit and are perfect for a holiday or dinner party. These stuffed mushroom caps are big and filling.

### Ingredients:

- 6 Large Portabella Mushrooms
- 2 Granny Smith Apples, diced or chopped with skin attached
- 2 Carrots, Peel Skin and Shred
- 1 to 1 ½ Cups of Cooked Quinoa (any kind)
- 7-10 Cremini or White Button Mushrooms, quartered or chopped.
- 1 ¼ Cup Blanched Almonds
- 1 Tablespoon Ginger, minced or shredded (Can use minced or shredded ginger in the jar as this has more juices, which I found more flavorful)
- 1 Tablespoon Garlic, minced (Again can use minced garlic in the jar)
- 2 Large Zucchini or 3 Small Zucchini, diced with skin attached.
- 4 Tablespoons of Low-Sodium Tamari Soy Sauce
- 1 ½ Tablespoons of Trader Joe's 21 Seasoning Salute (Can substitute with Kirkland Organic No-Salt Seasoning). *Trader Joe's Seasoning contains: onion, spices (black pepper, celery seed, cayenne pepper, parsley, basil, marjoram, bay leaf, oregano, thyme, savory, rosemary, cumin, mustard, coriander), garlic, carrot, orange peel, tomato granules, lemon juice powder, oil of lemon, citric acid.*



*Try to use organic produce to avoid pesticide residue. I chose to fill these mushrooms with quinoa rather than tofu or brown rice given their texture and nutritional value. Quinoa is an amino acid- rich seed that has a fluffy, crunchy texture with a nutty flavor when cooked. It is rich in protein, calcium, and iron. It also contains all nine essential amino and is an excellent source of fiber. Choose any type of quinoa. I used both red and white quinoa.*

### Directions:

1. Preheat oven to 400 degrees F.
2. Grind 1 cup of the almonds in blender or food processor to create a fine mix, keep ¼ cup of whole blanched almonds on side.
3. Wash your mushroom caps. Cut the stems off the Portabellas and scrape out the gills (use a spoon to scrape out the gills).
4. Cut and prepare all vegetables.
5. Heat 1/4 cup of water on medium-high heat in a frying pan. Add garlic, ginger, mushrooms and fry for 7-10 minutes until mushrooms are semi-tender and lose most of the liquid.
6. Lower the heat to medium and add carrots, apples, and zucchini. Mix well and fry for 5-7 minutes until all the vegetables are tender.
7. Add spices, quinoa, and tamari soy sauce. Mix all together. Taste and adjust seasoning as needed.
8. Add the almond mix and the ¼ cup of non-blended almonds to the mixture (This gives the mix a crunchy texture).
9. Let the filling cool and fill the Portabellas, be generous.
10. Put the mushrooms in a baking pan, not a baking sheet as there will be liquid released from the mushrooms. Bake for 20-25 minutes. Serve with a side salad and enjoy!!

Let me hear from you: [lisa@4leafprogram.com](mailto:lisa@4leafprogram.com)