



Quinoa Stuffed Portobello Mushrooms with Dill Roasted Vegetables

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Yields: 8 servings

Prep time: 20 minutes

Cook Time: 40-50 minutes

Preheat Oven: 400°F

Ingredients

8 Portobello mushrooms	300 g small red potatoes (chopped)
300 g uncooked quinoa (1:2 with water)	300 g turnip (chopped)
80 g kale (chopped)	280 g carrots (chopped)
100 g light feta cheese	120 g onion (chopped)
100 g light cheddar cheese	5 g fresh dill weed (chopped)
430 g tomato	5 g black pepper (cracked)
3 cloves garlic	6 g fresh basil leaves
250 g plain Greek yogurt (2%)	half a lemon (just the juice)
300 g zucchini (chopped)	120 mL olive oil



Equipment needed

food processor, pot (2), knives, cutting board, wooden spoon, grater, roasting tray, parchment paper, bowl, measuring cups and spoons

Method

1. Wash all vegetables, and wipe mushrooms gently with damp cloth to clean.
2. Chop vegetables into a cubed cut for roasting and cut onion into rings. Chop kale (added to quinoa once cooked). Finely mince 2 garlic cloves. Remove stem of mushrooms.
3. In large bowl season vegetables (zucchini, turnip, onion, carrot, potato) with olive oil, dill weed and feta cheese. Put onto roasting tray and place in the oven until golden brown and knife easily pokes through when cooked (approximately 30 minutes).
4. Add quinoa to a pot of water, bring to a boil then slowly simmer until quinoa absorbs water (15-20 minutes). Leave on a low simmer, and add the kale, 2 cloves minced garlic and cracked pepper.
5. Combine remaining garlic clove, tomatoes and basil in the food processor until smooth. Add to a pot and simmer at low heat. Add mixture to quinoa, but leave $\frac{1}{2}$ cup for topping on each mushroom when plating.
6. Place mushrooms face down on a tray and roast in oven (approximately 10-15 minutes) until cooked (they will be moist and shrunk slightly in size with some wrinkles when cooked).
7. Place all mushrooms gill side up on tray. Top each with $\frac{1}{2}$ cup of quinoa mixture, 1-2 tbsp of tomato basil sauce, then 12 g of cheddar cheese. Repeat until all 8 mushrooms are topped, and bake in oven until cheese is melted.
8. Add remaining dill weed to the Greek yogurt, mix until well combined.
9. Place $\frac{1}{2}$ cup of roasted vegetables on a plate, with one mushroom and 2 tbsp of dill infused Greek yogurt on the side (for dipping).
10. Enjoy your quinoa stuffed Portobello mushrooms and roasted veggies.

