

Healthy Recipe: Stuffed Mushrooms

This delicious vegan side dish features protein-rich quinoa and antioxidant-rich portabella mushrooms.

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These delicious stuffed [mushrooms](#) really are a wonderful way to use up any extra [protein-rich quinoa](#) you may have in your fridge. Quinoa is a great grain to cook ahead of time and use in combo with meaty portabella caps. Not only are these mushrooms easy to make, but they are also vegan, gluten-free, and super tasty, too.

20 min prep

6 servings

8 ingredients

Ingredients

- 2 tablespoons olive oil
- 4 cloves garlic, smashed and thinly sliced
- 2 tablespoons pine nuts
- 4 cups chopped arugula
- 2 tablespoons golden raisins
- Salt, to taste
- 1 cup cooked quinoa
- 6 small portabella tops

Directions

1. Preheat the oven to 350 degrees. Lightly oil a large baking tray.
2. In a wide sauté pan, heat the olive oil over medium-high heat. Add the garlic and pine nuts, cook just until the garlic is beginning to turn golden, about 3 minutes. Add the arugula, raisins, and salt. Cook for another 3 minutes or until the arugula is well wilted. Turn off the heat and stir in the quinoa.

3. Place the portabella tops, gill side up, in the prepared baking tray and sprinkle with salt and drizzle with olive oil. Evenly divide the quinoa mixture into the mushroom tops, and cover the tray with foil. Bake for 20 minutes, then for 5 minutes uncovered. Serve warm or at room temperature.

Chef Tips:

When buying portabella mushrooms, always check the undersides. The gills should be dry and a pretty, light, pinkish brown, dare we say mushroom grey. Don't buy any with dark or black wet patches. They are old. Also never wash portabella mushrooms, just wipe the tops of the caps with damp paper towel.

Nutrition Facts (per serving):

Calories: 125; Fat: 7g; Saturated Fat: 1g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 4g; Carbohydrates: 13g; Sugar: 4g; Fiber: 2g; Protein: 4g; Sodium: 278mg

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#).

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