



potatoes | avocados | fruits | vegetables | grains

good choices

something good for everyone



Mediterranean Stuffed Mushrooms

INGREDIENTS (17 SERVINGS)

1 Bag	Good Grains® Ancient Grains & Kale Blend, Thawed (10071179035046)
70 Each	Portobello Mushrooms, Medium
4 Tbsp.	Olive Oil
2 Tsp.	Garlic, Diced
2/3 Cup	Sun-dried Tomatoes, Diced
2 Cups	Feta Cheese, Crumbled
2 Cups	Cream Cheese Softened

PREPARATION

1. Preheat oven to 350°F. Stem the mushrooms reserving the stems and chopping them coarsely. Sauté the olive oil, garlic and stems in a medium skillet for approximately 3 minutes or until cooked through.
2. Add sun-dried tomatoes and grain blend, stir to combine, cook through. Remove from stove and cool for 10 minutes. Add remaining ingredients and stir until well combined.
3. Fill each mushroom cap with one scoop (1 oz) of filling and place on a half sheet pan. Bake for 10 minutes or until mushrooms are just starting to weep.

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