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Cauliflower Stuffed Portabellas with Quinoa and Almonds

Serves 4

Ingredients:

- 1 head cauliflower, broken into florets
- 1 medium yellow onion, finely chopped
- 2 TBSP olive oil, divided
- 4 large portabellas
- ½ cup cooked quinoa
- 4 TBSP blanched almonds, divided
- 1 TBSP fresh Italian parsley, chopped

Preparation:

1. Preheat the oven to 400°.
2. Chop cauliflower florets into large chunks.
3. Place cauliflower into a food processor with the chopping blade in the bottom.
4. Pulse cauliflower until it resembles small grains of rice or. Do not over process as you don't want a mushy cauliflower mixture.
5. Heat 1 tablespoon of olive oil over medium high heat. Sauté onions until translucent, about 5 minutes.
6. Add cauliflower "grains" and salt & pepper to taste. Stir to incorporate. Pat the mixture into a flat layer in the skillet. Cover and cook 10-15 minutes, stirring every 5 minutes. The cauliflower mixture should begin to brown and get some color.
7. Stir in quinoa and 3 tablespoons almonds. Remove from heat.
8. Clean the mushroom caps. Start by removing the stems, and then clean mushroom caps by brushing off any excess dirt from cap with a moist (not wet) paper towel.
9. Using a spoon, carefully scrape out the "gills" of the mushrooms, discarding them.
10. Drizzle the mushroom caps with remaining olive oil and sprinkle with salt & pepper.
11. Cook in the preheated oven for 7-10 minutes until the edges of the mushrooms begin to pucker. Drain any excess moisture from the caps.
12. Stuff each mushroom cap with ¼ to ½ cup of the cauliflower mixture. Top with remaining almonds and parsley.
13. Place mushrooms back into the oven and bake for 10-15 minutes, or until the tops begin to brown.
14. Serve either as a meatless main dish, or as a side dish.



Food Fairy Note: If you have extra cauliflower "rice", refrigerate for up to a week. You can reheat and add other ingredients depending on what you're serving it with.

Adapted from: *Cauliflower "Rice" Stuffed Portabellas*, mymidlifekitchen.com,
<http://mymidlifekitchen.com/recipe/cauliflower-rice-stuffed-portobellas/>