

BROCCOLI AND “CHEESE” STUFFED MUSHROOMS

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

Mushrooms are ideal for stuffing. They have a wonderful earthy flavor and a firm texture that makes them perfect to hold all kinds combinations. Most stuffed mushroom recipes contain some type of cheese, which isn't on the GHS plan. However, nutritional yeast provides a rich, dairy-free filling that is very nutty and creamy in taste and texture, but doesn't taste “yeasty” – as the name implies. Plus, it's also great source of B-vitamins. Because mushrooms absorb liquids quickly, use a damp paper towel to clean them, then just twist the stems to remove them.

This recipe makes 4-5 servings, approximately 30 mushrooms. One serving equals 1 cup of cooked vegetables and covers your fat for one meal.



INGREDIENTS

- 24 ounces whole baby bella/crimini mushrooms (about 30)
(it's okay if the mushrooms are larger, but less in number)
- 1 Tbsp. avocado oil
- 4 cloves garlic, minced
- 1/4 cup yellow onion, minced
- 1 cup broccoli florets, finely chopped
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika
- 1/2 tsp. Pink Himalayan salt



1/4 tsp ground black pepper
1 cup GHS Mayo or Primal Kitchen
1/4 cup nutritional yeast (at most stores in healthy food section)
Maintenance Option – use Parmesan cheese in place of nutritional yeast

Topping - Optional, but good
2 Tbsp coconut flour
1 tsp. yellow curry powder

INSTRUCTIONS

Preheat the oven to 350°F. Clean mushrooms with damp paper towel and remove stems.

On a parchment-lined baking sheet, arrange mushroom caps in a single-layer with the caps up. Bake for 5 minutes. Flip each cap over and bake for 5 more minutes. Remove from oven and set aside.

While the mushrooms are baking, heat the oil in a non-stick skillet over medium heat. Add garlic and onion and sauté, stirring frequently, until just softened – about 2 minutes.

Add the chopped broccoli, onion powder, garlic powder, paprika, salt and pepper. Sauté over medium heat, stirring until broccoli is tender – about 5 minutes. Remove from heat.

Preheat broiler.

In a bowl, mix mayonnaise with nutritional yeast and broccoli mixture. If using, mix coconut flour with curry powder in a small bowl.

Stuff a heaping teaspoon of filling into each mushroom cap. Sprinkle each mushroom with the coconut-curry topping.

Place under the broiler for 2-3 minutes or until the flour begins to brown. Remove from oven and transfer to a serving plate. Enjoy!