



GRILLED PORTOBELLOS

EQUIPMENT: GRILL
LARGE POT
SAUTE PAN
KNIFE & CUTTING BOARD

INGREDIENTS: 6 MEDIUM PORTOBELLOS
2 FL. OZ. OIL 1 MEDIUM SQUASH DICED
1 CUP QUINOA 1 MEDIUM ONION DICED
2 OZ. SOUR CREAM 1 MEDIUM TOMATO DICED
SALT & PEPPER 8 OZ. HHF HUMMUS

FIRST METHOD:

PREHEAT THE GRILL. USING HALF THE OIL, RUB THE PORTOBELLOS UNTIL THEY ARE LIGHTLY COVERED. SEASON THE MUSHROOMS WITH SALT & PEPPER AND PLACE ON THE GRILL UPSIDE DOWN SO THAT THE INSIDE OF THE MUSHROOM IS POINTING UP. GRILL ON THE HIGHEST POSSIBLE HEAT UNTIL WATER BEGINS TO POOL IN THE CENTER OF THE MUSHROOM. FLIP AND GRILL FOR ANOTHER 3-6 MINS AND TAKE OFF THE HEAT. LET REST IN A BOWL TO CATCH THE MOISTURE THEY WILL CONTINUE TO RELEASE.

SECOND

BOIL WATER IN A STOCK POT OVER HIGH HEAT AND BOIL THE QUINOA UNTIL COOKED. THIS WILL TAKE 5-10 MINS DEPENDING ON THE BRAND. DRAIN AND RESERVE FOR LATER.

THIRD

HEAT THE SAUTE PAN OVER MEDIUM HIGH HEAT AND SAUTE THE SQUASH, ONIONS, AND TOMATOES WITH THE REMAINING OIL UNTIL THE ONIONS ARE TRANSLUCENT AND THE SQUASH IS COOKED TROUGH.

FOURTH

ADD THE HUMMUS, SOUR CREAM, AND QUINOA TO THE VEGETABLES AND MIX UNTIL IT ALL COMES TOGETHER. SPLIT THE STUFFING AMONG THE COOKED PORTOBELLOS AND RETURN THEM TO THE GRILL. ONCE THE MUSHROOMS ARE HEATED THROUGH AGAIN, SERVE HOT AND ENJOY!