

Stuffed Portabella Mushrooms

September 2nd, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:45

Stuffed Mushrooms are a largely underrated and versatile meal. This recipe uses only ingredients that are included in Phase 3 of the Keystone Approach diet. Variations to this recipe could include non-Keystone foods, such as tomatoes and peppers.

Ingredients:

4 Large Portabella Mushrooms

1 Teaspoon Avocado Oil

2 Cloves (1 Teaspoon) Garlic, finely minced or 1/4 Teaspoon Garlic Powder

2 Scallions

Olive Oil

1 Ounce Kale, finely chopped

4 Strips Bacon, fried crispy

1 Tablespoon Fresh Cilantro, finely chopped

1/2 Cup Chicken Stock

4 Ounces Zucchini

1/2 (4 Ounces) Avocado

1 Lime, cut into quarters

Directions:

Carefully remove the stem from each Mushroom cap, without damaging the cap.

Chop the Mushroom Stems, Scallions, and Zucchini.

Add a small amount of Olive Oil to a pan over medium heat.

Grill the Mushroom Stems, Scallions, Garlic, and Zucchini for about 3 minutes.

Remove from the heat.

Preheat the oven to 350° Fahrenheit.

Chop the Avocado, mash and mix with the Chicken Stock until fully integrated.

Finely chop the Cilantro.

Mix the Avocado infused Stock with the Garlic, Mushroom Stems, Scallions, Cilantro, Kale, and Zucchini.

Chop or crumble the bacon.

Using Avocado Oil, coat each Mushroom cap until well oiled.

Place each Mushroom cap, gills up, in an oven-safe casserole dish.

Carefully, spoon the mixture into each Mushroom Cap.

Add bacon to each Mushroom.

Cover the casserole dish with Aluminum foil.

Bake for 40 minutes.

Drizzle the juice from 1 Lime quarter and serve.