

# Stuffed Mushrooms

STUFFED RED QUINOA MUSHROOMS



THE HUMANE SOCIETY  
OF THE UNITED STATES

YIELD: 24

24 Servings

Ingredients	Qty	Measure
Red quinoa	½	cup
Water	1	cup
Salt	1	Tsp.
Button mushrooms (whole with stem removed and reserved)	24	each
Olive oil	1	Oz.
Onion (minced)	¼	cup
Garlic (minced)	¼	cup
Fresh parsley	3	Tbsp.
Fresh oregano	¼	cup
Sriracha	½	Tbsp.
Salt	1	Tsp.
Vegan cream cheese	¼	cup
Vegan mozzarella cheese	¼	cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

1. Rinse quinoa, boil water, add salt and quinoa. Cook until water is absorbed, about 15 minutes. Fluff with a fork.
2. Put 1 oz. oil in sauté pan, add chopped stems, onions, and garlic . Allow to cool.
3. Stir in parsley, oregano, sriracha, salt, and cream cheese
4. Spoon the filling into each mushroom, top with mozzarella
5. Bake for 10-12 minutes at 350 degrees.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Garnish with fresh chopped parsley.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 58 Total Fat: 5g Saturated Fat: .5g Carbohydrate: 3.5g Protein: 1g Sodium: 152mg  
Vitamin A: 3µg Vitamin C: 1mg Calcium: 6mg Iron: 0 Folic Acid: 7µg