

Stuffed red quinoa mushrooms

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 24

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