

Chickpea Stuffed Portabellas

Prep time:

10 minutes

Cook time:

40 minutes

Yields:

5-6 mushrooms depending on size

Ingredients:**Stuffing:**

1 can Chickpeas/garbanzo beans or 1.5 cups cooked chickpeas

1/2 cup small chopped carrots

1/4 cup finely chopped red onions

3-4 scallions chopped

1-2 cloves garlic, minced

1/2 tsp smoked paprika

2 Tablespoons vegan mayo

1/4 cup raw cashew halves

2 tablespoons chopped parsley

1/4 cup bread crumbs (use gf crumbs or omit or use coarsely ground oats to make gluten-free)

2 tsps extra virgin olive oil

Salt and pepper to taste

5-6 Portabellas, stems and gills removed

1 tomato sliced

Directions:

Rub portabellas with olive oil and salt and pepper and place top down on parchment lined

baking sheet.

Stuffing:

Pulse chickpeas in a food processor. Add remaining ingredients and mix well. Taste and adjust seasoning. Add a few tsps water if the mixture feels too crumbly.

Stuff the seasoned mushrooms with the stuffing. Top with tomato slices. Bake in preheated 350 degrees F for 30-40 minutes, or until the mushrooms are well done and the stuffing is golden,

Chef Mat Shalenko

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