

## VEGETARIAN STUFFED MUSHROOMS

Serves: 6-8 as appetizers

### INGREDIENTS:

20-30 button mushrooms, cleaned and stems removed

Olive oil, salt and pepper (for drizzling)

1 clove garlic

½ cup fresh parsley

½ cup panko breadcrumbs

¼ cup nutritional yeast

½ tsp salt

⅛ tsp pepper

2 tbsp olive oil

¼ cup toasted pinenuts

2 Tbsp balsamic glaze (for drizzling)

### DIRECTIONS:

1. Preheat oven to 400°F.
2. Place mushrooms button side down on a parchment lined baking sheet.
3. Drizzle olive oil over mushrooms and sprinkle with salt and pepper.
4. Bake mushrooms for 10 minutes.
5. Meanwhile, place garlic in food processor and pulse until minced. Add parsley, breadcrumbs, nutritional yeast, salt, pepper and olive oil and pulse just until combined.
6. Once mushrooms are ready, take them out of oven, leave liquid in the cap and fill with about a teaspoon of the mixture.
7. Put mushrooms back into oven and bake 10 more minutes.
8. Place hot mushrooms on a platter, top with pinenuts and drizzle with balsamic glaze.

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### LOCATIONS:

1881 Yonge Street, Suite 600, Toronto, ON, M4S 3C4 or 1240 Bay Street, 9th Floor, Toronto, ON, M5R 2A7