

# **Portobello Mushrooms Stuffed with California Wild Rice**

From the Whole Grains Council:

<http://wholegrainscouncil.org/recipes/main-dishes/portobello-mushroom-stuffed-with-california-wild-rice>

## **Ingredients**

- 8 large Portobello mushrooms
- 3 Tbs. extra virgin olive oil
- Salt & pepper to taste
- 1 cup onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp. fresh thyme, chopped
- 1 tsp. fresh oregano, chopped
- 1 tsp. fresh basil, chopped
- ½ cup white wine
- 1 ½ cups cooked California Wild Rice
- 1 ½ cups cooked brown rice
- ¼ cup scallions or garlic chives, thinly sliced
- ½ cup Parmigiano-Reggiano, grated
- 2 Tbs. Parmigiano-Reggiano for garnish

## **Instructions**

1. Preheat oven to 350 degrees.
2. Break off mushroom stems and reserve, then wash caps if needed. Scrape gills and discard. Finely chop stems and set aside for later use.
3. Dry caps completely. Toss in 1.5 Tbs. olive oil with salt and pepper. Place in ovenproof dish upside down, and bake for 5 minutes.
4. Sauté onions with remaining 1.5 Tbs. olive oil on medium heat, stirring, until translucent. Add garlic, thyme, oregano, and basil. Sauté 1 minute.
5. Deglaze the pan with the white wine. Reduce until a glaze is formed. There will be some liquid remaining.
6. Add the rice, scallions, and ½ cup Parmigiano-Reggiano. Mix well and adjust the seasonings with salt and pepper.
7. Stuff the mushroom cavity with the filling. Top with additional Parmigiano-Reggiano, if desired.
8. Bake mushrooms again at 375 for 8-10 minutes, or until tops are lightly browned.

*Makes 8 servings*

## **Nutrition information per serving:**

Calories	280
Protein	13 g
Carbohydrate	26 g
Dietary Fiber	6 g
Total Fat	14 g
Saturated Fat	3 g
Sodium	310 mg

