

Stuffed Mushrooms

with Gently Spiced Berries Glaze

These flavorful stuffed mushrooms are filled with an herbed quinoa mixture and drizzled with a unique Gently Spiced Berries glaze, making for a delightful and healthy vegan appetizer that won't be too filling.

PREP TIME: 20 minutes

TOTAL TIME: 35 minutes

COOK TIME: 15 minutes

12 large mushrooms, stems removed
1 C quinoa, cooked
1/2 C spinach, finely chopped
1/4 C sun-dried tomatoes, chopped
1/4 C red onion, finely chopped
1/4 C fresh parsley, chopped
1/2 † garlic powder

1/2 † onion powder
1/2 † salt
1/4 † black pepper
1/2 C Gently Spiced Berries glaze (blend of Pu-erh Spice, Blueberry, and Strawberry teas from Adagio.com)

PREPARE QUINOA FILLING: In a large bowl, combine the cooked quinoa, spinach, sun-dried tomatoes, red onion, parsley, garlic powder, onion powder, salt, and black pepper. Mix well.

STUFF MUSHROOMS: Fill each mushroom cap with the quinoa mixture. Arrange on a baking sheet.

BAKE: Bake at 375°F for 15 minutes, or until the mushrooms are tender and the filling is heated through.

DRIZZLE WITH GLAZE: Drizzle the stuffed mushrooms with the Gently Spiced Berries glaze. Serve immediately.