



Wonderful®  
**PISTACHIOS**

Wonderful Pistachios &  
Quinoa-Stuffed Mushrooms

# Wonderful Pistachios & Quinoa-Stuffed Mushrooms

Servings: 10 | Serving Size: 2 each

*A filling main dish or exciting appetizer, these stuffed mushrooms are full of umami and bursting with plant protein!*

## Ingredients:

20 large (about 1 pound), about 2-inches wide, baby portobellos, stems removed	¼ cup shredded parmesan cheese
2 Tbsp extra virgin olive oil, divided	½ cup roughly chopped <b>Wonderful Pistachios No Shells Roasted Lightly Salted</b> , divided
1 small shallot, finely chopped	2 Tbsp whole wheat panko breadcrumbs
2 cloves garlic, finely chopped, divided	1 tsp lemon zest
¼ cup quinoa, rinsed	1 Tbsp fresh lemon juice
½ cup low-sodium vegetable broth or water	¼ cup olive oil mayonnaise
1 sprig fresh thyme	¼ cup fresh parsley, plus extra for garnish
1½ tsp reduced-sodium soy sauce	

## Instructions:

1. Preheat the oven to 425°F and line a large baking sheet with foil or parchment paper. Place mushrooms, stem-side up on the prepared baking sheet and drizzle with 1 Tbsp olive oil.
2. Heat the remaining oil in a medium saucepan over medium heat. Sauté shallot and half of the garlic, until softened, about 1 minute. Stir in the quinoa and cook 1 minute, stirring continuously. Add the broth and thyme and bring to a boil over medium-high heat. Reduce heat to maintain a simmer then partially cover and cook until tender, about 18 to 20 minutes. Drain any excess liquid then fluff with a fork. Stir in soy sauce, parmesan cheese and ¼ cup pistachios.
3. Fill each mushroom with a lightly scooped tablespoon of pistachio-quinoa mixture. Top with breadcrumbs and bake until mushrooms are tender, about 20-25 minutes.
4. While mushrooms cook, make the sauce. Combine the lemon zest, lemon juice, remaining garlic, mayonnaise and parsley in a small bowl. Add a dollop to the top of each mushroom just before serving. Garnish with parsley and remaining ¼ cup pistachios.

**Nutrition per serving:** 120 calories, 5g protein, 8g carbohydrate, 2g fiber, 2g sugar, 0g added sugar, 8g fat, 1g saturated fat, 100mg sodium, 270mg potassium

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