

PORTABELLAS STUFFED WITH PESTO MASHED POTATOES

Makes 3 large mushrooms
Preheat oven to 350 degrees

1-1 1/2 cups of mashed potatoes

Pesto (or you can use jar pesto)

2 cloves garlic minced
1 cup packed of fresh basil
1 tbsp freshly grated parmesan or nutritional yeast
2-3 tbsp milk (I use my home made almond milk or you can use a plain soy milk)

1 tbsp chopped walnuts

Add the milk to the mashed potatoes until they achieve a creamy consistency. Add the pesto sauce and salt and pepper to taste. Stir in 1 tbs chopped walnuts.

Clean the portabellas and remove the stem and any of the fluffy dark flesh. Lightly spray with cooking oil a baking dish and the bottoms of the mushrooms.

Fill the mushrooms with the potatoe pesto mixture heaping it in the middle and set them in the baking dish. Sprinkle the tops with parmesan.

Bake for 15-20 minutes until mushrooms are tender and the potatoes are browning.

By Kelly Berry
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