

**Quinoa stuffed mushrooms:**

12 large crimini mushrooms (or small portobellos)

1 c red or tri-color quinoa

3 c water

1 c. walnuts

Bunch parsley

Balsamic vinegar to taste

Olive oil

Garlic

salt

if not vegan: goat cheese and/or parmesan to taste!

Cook quinoa in the water. Toast walnuts. Remove mushroom stems and rub mushroom caps with olive oil. Chop mushroom stems, parsley and toasted walnuts.

Saute garlic and chopped mushroom stems in olive oil. Toss cooked quinoa, sauted garlic and mushrooms stems, chopped walnuts and parsley. Toss together with balsamic vinegar, salt, pepper and cheese if using.

Fill mushroom caps with the mixture and bake at 400~ for 20 minutes.