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Stuffed Portobello Mushrooms: A Clean Holiday Delight

This simple and delicious stuffed Portobello mushroom recipe is the perfect appetizer for your holiday parties. Made with wholesome, plant-based ingredients, it's free from common allergens and synthetic additives, making it ideal for those with multiple chemical sensitivity. Packed with quinoa, spinach, and walnuts, it's not only a nutritious choice but also environmentally sustainable. Enjoy this festive dish knowing it's as kind to the planet as it is to your health!





Vegan Stuffed Portobello Mushrooms

Ingredients:

- 4 large Portobello mushrooms
- 1 cup cooked quinoa
- 1/2 cup spinach (chopped)
- 1/4 cup sun-dried tomatoes (chopped)
- 1/4 cup walnuts (chopped)
- 1 tbsp olive oil
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Remove the mushroom stems and scoop out the gills.
3. Mix quinoa, spinach, sun-dried tomatoes, walnuts, olive oil, thyme, salt, and pepper.
4. Stuff the mushrooms with the mixture and bake for 20-25 minutes.

This flavorful and nourishing dish is proof that healthy, sustainable eating can also be festive and satisfying. Wishing you a joyful and wholesome holiday season filled with love, warmth, and delicious meals!