

Lentil and Walnut Stuffed Portobello Mushrooms

Serves 2

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| 1 tsp | extra olive oil |
| 1 | shallot or small onion, diced |
| ½ | sweet red pepper, diced |
| 2 large | whole portobello mushrooms, wiped clean with a damp paper towel, stems removed, and stems chopped |
| 1 clove | garlic, minced |
| 1 tsp | dried thyme |
| 1 cup | baby spinach, roughly chopped or torn |
| ¼ cup | sun-dried tomatoes, chopped |
| ¼ cup | walnut pieces, lightly toasted if desired |
| ½ to ¾ cup | cooked lentils |
| ¼ cup | goat feta, crumbled |
| 2 tsp | extra virgin olive oil |

1. Preheat oven to 375 F.
2. In a frying pan, heat oil on medium. Sautee onions and red pepper until onions are translucent.
3. Add mushroom stems, garlic and thyme and cook until fragrant, approximately 3 to 5 minutes. Stir in spinach and cook until wilted.
4. Add sundried tomatoes, walnuts and lentils. Stir well to combine, remove from heat and season with salt and pepper to taste.
5. Using your hands, rub oil onto the outside of the mushrooms.
6. Plate portobello caps on baking tray, gill side up and equally spoon the lentil veggie mixture into each, pressing gently to compact slightly. Top with crumbled goat feta.
7. **Bake** for 20 to 25 minutes **OR grill** on medium BBQ for about 10 to 15 mins (covered).
8. Serve on a bed of fresh leafy greens.
9. Garnish with your favorite fresh herbs and a drizzle of olive oil or your favorite vinaigrette