

Stuffed Mushrooms with Sunflower Seed Sage and Rosemary Cream



Makes 4 servings

Mushroom Marinade

Make this first so the mushrooms can marinate while you are preparing the rest of the recipe.

- 1/4 cup nama shoyu *
 - 1/4 cup maple syrup
 - 1/4 cup olive oil
 - 1/4 cup water
1. Whisk all ingredients together. If you want to omit the oil, just replace it with water.
 2. Place mushroom caps, stems and gills removed, in a re-sealable container. Toss to coat and let sit while you prepare the rest of the recipe.
- *Low sodium soy sauce, Braggs Liquid Aminos or Tamari can be substituted.

Sunflower Seed Sage and Rosemary Cream

- 2 cups sunflower seeds, soaked until soft, drained and rinsed
- 1 cup water
- 1/2 lemon, juice from
- 2 tablespoons dijon mustard
- 2 tablespoons maple syrup

- 1 clove garlic
 - 2 teaspoons dried sage
 - 1 teaspoon dried rosemary
 - 1/2 teaspoon Himalyan salt
 - 5 grinds or a healthy pinch of fresh ground pepper
1. Place sunflower seeds, water, lemon juice, dijon mustard, maple syrup and garlic in high-speed blender. Blend until smooth.
 2. Pulse or stir in sage, rosemary, salt and pepper.

Mushrooms

- 4 portabello mushroom caps, stems and gills removed
- 1 cup finely diced sweet onion
- 1 cup finely diced mushrooms
- 1/2 cup finely diced celery
- 1/2 finely diced carrot
- 1 cup fresh parsley, roughly chopped

Raw Directions:

1. In a medium bowl, stir together the diced onion, mushrooms, celery and carrot. Toss with Braggs Aminos.
2. Spread on a non-stick dehydrator sheet and dehydrate 3 hours at 118 degrees.
3. Place mushroom caps on dehydrator sheet and dehydrate for 3 hours at 118 degrees.
4. Remove veggies to a bowl, add the sunflower sage "cream" and parsley. Stir to combine.
5. Spoon filling mixture into mushroom caps. Place back in dehydrator to warm if desired.

Baked Directions:

Preheat oven to 350.

1. Place mushroom caps on tray and bake for 20 minutes.
2. Follow raw directions step 1. Place on parchment lined tray and bake for 15 minutes.
3. Follow raw steps 4 and 5. You can also reheat them in the oven briefly.

Cook's Notes:

-You can pre-make the mushrooms, "cream sauce" and filling ingredients ahead of time. Mix with the "cream" just before serving.