

PORTABELLO & SPINACH ROAST

INGREDIENTS

- 3 lbs** Spinach (fresh)
- 1/4 C** Extra virgin olive oil
- 12** Portabello mushrooms
- 3/4 C** Egg Substitute
- 4 cloves** Garlic (smashed)
- 1/2 C** Mimic Crème Cream **OR** Almond Milk
- 1/4 C** Parsley
- 2 C** Panko bread crumbs **OR** 1 minute Oatmeal
- 4 C** Peppers (Mix of yellow, red & green) (Julienned)
- 1 t** Thyme
- Salt to taste
- Non-stick cooking spray



COOKING INSTRUCTIONS

- 1** Preheat oven to 375
- 2** Saute spinach in the olive oil until just wilted & then drain off any liquid
- 3** Separately saute the peppers & the portabellos
- 4** Process all ingredients except the Panko crumbs **OR** 1 minute oatmeal
- 5** Add Panko crumbs **OR** Oatmeal & salt to taste
- 6** If the consistency is loose add additional crumbs or oatmeal
- 7** Taste to see if needs more seasoning
- 8** Spray a loaf pan with the non-stick cooking spray
- 9** Pour mix into loaf pan & use the back of a spoon to smooth the mix so it's even making sure that the mix stays below the top of the pan
- 10** If you have mix leftover you can make a few timbales using a cup cake pan you spray with non-stick cooking spray
- 11** Bake for 45 minutes covered & then 15 minutes uncovered