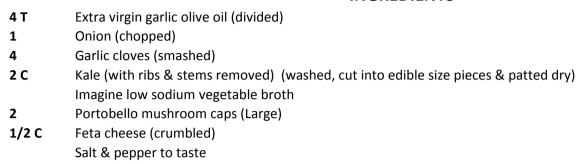
## KALE & FETA STUFFED PORTOBELLO MUSHROOMS

## **INGREDIENTS**



## **COOKING INSTRUCTIONS**

- 1 Cut off the stems of the mushrooms & scoop out the insides of the mushroom caps with a spoon
- 2 Spray a medium sized saute pan with non-stick cooking spray & pour in 2 T olive oil
- 3 Saute garlic & onion until golden brown & then let cool
- 4 Preheat oven to 350 degrees
- 5 Spray 5 qt. pot with non-stick cooking spray & add kale, mushroom parts & vegetable broth
- 6 Mix thoroughly & cover pot
- 7 Cook on medium heat until kale is wilted & there is very little liquid left
- 8 Put kale mushroom mix & onion garlic mix in processor & pulse until mix becomes smooth
- 9 Add salt & pepper to taste & then fill mushroom caps generously
- 10 Bake for 10 minutes on baking sheet pan (with sides) sprayed with non-stick cooking spray
- 11 Take pan out of the oven & sprinkle the feta cheese on top of the stuffed mushrooms
- **12** Bake for 10 15 minutes

## **NOTES**

- 1 If you prefer your filling to be more compact, add Kosher panko crumbs or a little brown rice flour
- 2 You can sub in spinach but keep in mind that spinach requires less time to wilt than kale

Copyright © 2009 - 2012 KosherWoman.com All rights reserved

