

Sprouted/Germinated Brown Rice Stuffed Portobello Mushrooms

6 Portobello mushrooms, stems and gills removed
¼ cup balsamic vinaigrette
2 tablespoons olive oil, plus extra for brushing
1 onion, finely chopped
2 carrots, shredded
1 medium zucchini, shredded
2 cloves garlic, minced
1 cup cooked germinated brown rice
1 14-oz can lentils, rinsed and drained
¼ cup whole wheat breadcrumbs
½ cup vegetable broth
1 teaspoon dried basil
1 tablespoon fresh thyme leaves
Sea salt
Freshly ground black pepper

Brush mushroom tops with olive oil and set on baking sheet (top side down).
Drizzle vinaigrette inside each mushroom and set aside.

In large skillet, heat 2 tablespoons oil over medium/high heat and add onions, carrots and zucchini. Season with salt and pepper and sauté until onions are translucent and vegetables are just tender. Add garlic and let cook a few more minutes until fragrant.

In a large bowl combine vegetable mixture, brown rice, lentils, breadcrumbs, broth, basil, and thyme. Mix together and season to taste with salt and pepper.

Stuff mushrooms with about ½ cup of the stuffing.

Bake for 30 minutes or until the stuffing is browned and mushrooms are cooked through. Garnish with fresh thyme leaves.