

Stuffed Portobello Mushrooms

2 Portobello mushrooms
4 tablespoons chia gel
1 tablespoon olive oil
1 medium onion, thinly sliced
1 red bell pepper, sliced into strips
1/3 cup shredded cheese (your choice)
1/3 cup panko or bread crumbs
Salt and pepper to taste



Preheat oven to 400 degrees, and line a small baking pan with foil.

Wash and de-stem mushrooms; I like to cut the “gills” off the mushrooms, but you don’t have to. Grease the foil, and place mushrooms on the foil. Pour the oil over the 2 mushrooms, and spread 2 tablespoons of chia gel over each one.

In a skillet, cook the onions and bell pepper until caramelized, about 15 minutes. Divide the onion/bell pepper mixture over the 2 mushrooms; mix together the panko and shredded cheese, and spread over the onion mixture. Bake at 400 degrees for 18 minutes, or until cheese is golden brown. You can eat these as “burgers”, on a whole wheat bun, or as a side dish.

Center for Health and Vision
Kenneth Lester Malamud, M.D.
Paulette LeCompte Malamud, R.N.

Holistic Eye Care for the Family

1001 Buchanan Dr., Ste. 3
Burnet, TX 78611
512-715-EYES (3937)