

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

ARTICHOKE SUN DRIED TOMATO QUINOA STUFFED MUSHROOMS

By Sarah Hayes

This impressive appetizer is flavor filled and protein packed!

INGREDIENTS

- ¼ cup quinoa
- ½ cup water
- ¼ t vegetable base*
- 14 oz White Stuffing Mushrooms
- ½ of a 14.5 oz can of quartered artichoke hearts, chopped
- ½ cup white onion, diced
- ¼ cup sun dried tomatoes, chopped
- 2 garlic cloves, minced
- ¼ cup fresh parsley, chopped
- 8-10 fresh basil leaves, chopped
- ¼ t each of salt, dried thyme and dried rosemary
- ⅛ t. pepper

INSTRUCTIONS

1. Line a large rimmed baking sheet with parchment paper and preheat oven to 400 degrees.
2. Make your quinoa. In small saucepan, combine rinsed quinoa, water and vegetable base. Follow directions on quinoa package to make – I like to keep an eye on the water, as I always need to add more to get the quinoa all the way done to its pearly white color.
3. Soak your sun dried tomatoes in small amount hot water to make chopping easier. While sun dried tomatoes are soaking, chop your artichokes and onion.
4. In large skillet over medium heat water sauté, your onion and garlic for 3 – 5 minutes. Stir in artichokes.
5. Drain your soaked sun dried tomatoes and chop. Add to pan on stove.
6. Measure then chop your parsley and chop your basil. Stir into mixture in pan on stove.
7. Add all other spices and add your cooked quinoa – this is now your stuffing for the mushrooms.
8. Rinse and de-stem all your mushrooms.
9. Place mushrooms on parchment lined sheet and stuff with filling. You will have more filling than you need for the mushrooms. Save to eat later in a bowl or by itself!
10. Bake mushrooms at 400 degrees for 30- 40 minutes.



Sarah Hayes —

Sarah is the creator of Bad to the Bowl, a vegan plant based cooking blog. Sarah is a wife, mom, recipe creator, red wine fanatic, podcast listening junkie and summer weather lover. Visit www.badtothebowl.com to discover her latest recipes.

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