



RECIPES

Caramelized Onion and Quinoa Stuffed Portabella Mushroom

Ingredients

- 4 portabellas with stem removed
- 2 yellow onions thinly sliced
- 1.5 cups quinoa
- 3 cups chicken stock
- 8oz goat cheese
- Balsamic reduction

Directions

1. Roasted 4 Portabella mushrooms @ 325 for 10 minutes, Set aside
2. Thinly Sliced onions sautéed for 1 hour until very caramelized.
3. Cook 1.5 cups Quinoa in 3 cups Chicken Stock.
4. Mix the onion and quinoa together, and then fill the portabella mushrooms
5. Topped portables with Goat cheese and place in oven until cheese has melted.
6. Plate portabella and drizzle with balsamic reduction

To make Balsamic reduction

1. Place 12oz Balsamic vinegar in a non-reactive pan and reduce by 75%. Leaving only 25% of the vinegar. Vinegar should be thickened and chilled. The vinegar will last in the refrigerator for up to a month.

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