

# THREE SEASONS AYURVEDA



## Stuffed Mushrooms

### **Equipment Needed**

Sauté pan  
2 pots for rice and beans  
Baking sheet pan  
Bowl

### **Ingredients:**

Olive oil  
Tofu, rice & lentil marinade, (see below)  
6 medium sized Portobello mushrooms  
Yellow onion, cut into 1/4 “dice  
2 each garlic cloves, peeled, smashed and chopped  
2 Tablespoons cup toasted and smashed pinenuts  
1-14oz. package of firm tofu  
1/2 cup of wild rice  
1/2 cup chopped oven tomatoes or 1/4 cup sun-dried  
2 Tablespoons Beluga lentils  
2 tablespoons grated Reggiano parmesan  
1 tablespoon of grated goat or sheep’s milk cheese

### **Marinade- (for Tofu, Wild Rice & Lentils)**

1-handful of chopped herbs (your choice), I use tarragon, basil, thyme and, dill.  
2-cups of olive oil  
1- fresh chopped garlic clove  
2-4 tablespoon of vinegar or use fresh lemon/lime juice (to taste)  
Salt and pepper to taste

Combine the chopped herbs, garlic with the oil, vinegar and season to taste.

### **Tofu**

#### **Preparation**

Take 1-14oz. package of firm tofu, remove from package, drain excess liquid, cut into 6 slices and place on paper or cloth towels and cover with same, place a weight (like a plate) on top and allow to drain for 30 minutes. Use enough towels to soak up the liquid properly. Next marinade the tofu for 30 minutes (or overnight) in either the marinade above or in a store-bought oil and vinegar-based vinaigrette.  
Pre-heat the oven to 350 degrees.  
Remove the tofu from the marinade and place on an oil baking pan with parchment paper (preferable) or aluminum foil. I use a coconut or olive oil spray for preparing the baking pan.  
Bake for 20 minutes, remove from oven and let cool.  
Once cool, you can crumble or chop the tofu in preparation for adding to mixture.

<b>Reggiano Parmesan</b>	
1 Ounce	
Calories	110
Total Fat	8g
Protein	9gg

<b>Tofu</b>	
4 Ounce	
Calories	94
Total Fat	9g
Carbohydrates	3g
Fiber	.5g
Sugar	1g
Protein	10g

<b>Pine Nuts</b>	
1 Ounce	
Calories	190
Total Fat	19g
Carbohydrates	4g
Fiber	1g
Sugar	1g
Protein	4g

<b>Lentils</b>	
3 Ounce	
Calories	223
Total Fat	1.34g
Carbohydrates	31.25g
Fiber	3.6g
Sugar	2.68g
Protein	18.75g

### **Pine nuts**

Pre-heat oven to 350 degrees. Place pine nuts on baking pan and place in oven. It is essential to keep an eye on these, so they do not burn, they will most likely take anywhere from 5-10 minutes. Once done cool, and smash with the back of knife or spoon.

### **Wild Rice**

Place wild rice in 4 cups of water, and bring to boil. Cover, reduce heat and cook for about 30-45 minutes. Once the rice expands and just starts to break open, turn off remove from heat and let cool off in the pot with the water, once cool drain the rice and toss lightly in 1/4 cup of the marinade from the tofu.

### **Oven Tomatoes**

Buy cherry tomatoes, cut in half and toss in a bit of olive oil.

Place skin down on oiled parchment paper and bake at 250 degrees for 4-8 hours. You should check the doneness of the tomatoes each hour until they are done.

Cut the tomatoes into a small dice, approximately 1/4”.

### **Lentils**

Take 1/2 cup of lentils (I prefer black “beluga”) and cover with 3 cups of water, bring to a boil, cover and cook for 12 minutes, turn heat off and let sit to finish cooking. Cool, drain, toss in marinade, set aside.

### **Mushrooms**

Remove the stems from the mushrooms, clean the inside, and set aside.

### **Prepare the Mixture**

In a large pan, sauté the onions and garlic in about 2-3 tablespoons of olive oil until tender.

Add the tomatoes, and continue to cook to 5-8 minutes.

Add the diced tofu, marinated rice and lentils, and continue to cook for 5 minutes.

Finally, fold in pine nuts, and grated goat cheese.

Check for seasoning, most likely you will not need to adjust with all these ingredients being pre-cooked.

### **Finish the Recipe**

Preheat the oven to 350 degrees.

Rub the mushrooms with olive oil and then fill with the mixture, sprinkle Reggiano cheese and top and bake for 20-30 minutes until golden brown.

Serve warm.



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