



Simple | Healthy | Delicious

Southwestern Black Rice Stuffed Mushrooms

INGREDIENTS

4 large Portobello mushrooms
½ cup Nature's Earthly Choice Black Rice
1 cup water or broth
2 cups spinach or kale
2 to 3 tablespoons olive oil
2 to 3 tablespoons olive oil
½ cup tomatoes, diced
1 teaspoon garlic powder
½ teaspoon cumin
½ teaspoon chili powder
Salt and pepper to taste



DIRECTIONS:

1. Pre-heat the oven to 350 degrees Fahrenheit. Rinse the black rice under cold water. In a small pot, bring water to a vigorous boil, add black rice, and cover. Reduce to a simmer and cook for 35 minutes, or until water is absorbed.
2. Meanwhile, sauté the spinach in olive oil until wilted, about 5 minutes. Wash and de-stem the mushrooms. If needed, scoop out the gills to allow more room for filling. Brush with olive oil and bake for 5 to 7 minutes. Set aside.
3. In a large bowl, combine the black rice, cooked spinach, corn, tomatoes, and spices. Garnish with cheese, if you'd like. Fill each mushroom cap and bake for 10 to 12 minutes or until tender. Top with cilantro, lime juice, salsa, or guacamole.