



STUFFED CRIMINI MUSHROOMS WITH KALE AND SAUSAGE

This savory, crowd-pleasing appetizer offers a healthier twist on traditional stuffed mushrooms — and they're easy to make. Mushrooms and kale contain a spectrum of important minerals, as well detoxifying antioxidants and energizing B vitamins that support the thyroid and immune health.

Makes 20 mushrooms

Ingredients

- 20 medium crimini mushrooms
- 3-4 tablespoons avocado oil or melted coconut oil or ghee, divided
- 1 medium onion, diced small
- 3 cloves garlic, minced
- 1 pound gluten-free chicken sausage (without casing)
- 1 red bell pepper, diced small
- 1½ cups chopped kale leaves
- ⅔ cup almond meal
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Preparation

1. Preheat oven to 350°F.
2. Rinse and dry mushrooms. Remove stems. Reserve stems for making vegetable broth, if desired; place in a food storage bag and freeze.
3. Toss mushroom caps in a bowl with 1-2 tablespoons oil or ghee. Set aside.
4. Heat 2 tablespoons of oil or ghee in a large skillet over medium heat. Add onion and garlic and sauté for 3 minutes to allow onion to soften. Add sausage and break apart with a spoon or spatula into very small pieces. Cook for 4-5 minutes to allow sausage to cook most of the way through. Add bell pepper and kale and sauté for 2-3 more minutes, just long enough to allow kale to wilt.
5. Remove skillet from heat and add almond meal, salt, and pepper. Stir until well combined.
6. Spread mushroom caps out evenly on a sheet pan and using a scoop or a spoon, stuff each one with a generous amount of the kale and sausage mixture, packed tightly into a mound. Place in the oven for 25 minutes. You may want to cover mushrooms with foil after the first 15 minutes to prevent overbrowning.

Nutrients: A(BETA), B₁, B₂, B₆, B₁₂, C, D, E, CA, CU, FE, MG, MN, SE, ZN, GL, LY, TY

