

Heidi's Portabello Mushrooms

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In the summer of 2008, I went "Raw" for 65 days, eating nothing but uncooked, unheated vegan food. During this exciting adventure, my dear friend Heidi shared this recipe with me. I've made it often and even those who dislike mushrooms enjoy it. The original recipe didn't include any measurements so, after some experimenting, I came up with this. Feel free to adjust the amounts to suit your own taste.

Equipment:

Chopping Board
Mixing Bowl

Ingredients:

4 large Portobello Mushrooms (4"-5")
4 medium tomatoes, chopped
2 avocados, chopped
1/2 cup red onion, chopped
1/4 cup cilantro, chopped
Juice of 1 lemon
1 Tbsp olive oil
2-3 tsp cumin to taste
Dash cayenne (optional)
Sea salt to taste

Directions:

1. Wash mushroom caps and remove the stem. Set aside to dry.

2. Combine the remaining ingredients in a mixing bowl.
3. Fill the mushroom caps with the tomato mixture and serve immediately.