



# Baked Vegetables with Mushroom Stuffing

## Ingredients

- **4 tbsp.** extra virgin olive oil
- **2 cups** finely chopped mushrooms
- **A few** sprigs of thyme, tied in a bundle
- **2 tbsp.** fresh lemon juice
- **2** cloves garlic, grated
- **1 medium** onion or 2 leeks, cleaned and finely chopped
- **1 or 2 medium** tomatoes, seeded and chopped
- **1 cup** of toasted bread crumbs (I use Panko)
- **1 cup** grated cheese
- **1 large** egg, beaten
- salt and pepper

## Directions

1. In a large skillet, sauté mushrooms in 2 tbsp. oil with thyme bundle until they have released most of their moisture. Season with salt and pepper and the lemon juice and scrape into a large bowl. Remove thyme bundle.
2. Add rest of oil and sauté the onions or leeks until translucent and add the garlic.
3. Add the tomatoes and heat through.

4. Scrape into bowl and add bread crumbs, cheese and eggs.
5. If mixture seems dry, moisten with some white wine or broth.
6. Prepare a variety of vegetables, such as peppers, zucchini, eggplant, tomatoes, onions. Cut peppers into 3 or 4 pieces each.
7. Cut zucchini, tomatoes and eggplant in half and scrape out seedy parts in the middle.
8. Toss in a large bowl with oil, salt and pepper and arrange on a parchment covered tray.
9. Fill with stuffing and place in a 375 degree oven for about 15 to 20 minutes. Check and remove the ones that are tender-crisp and continue cooking the rest for a few minutes.
10. If desired, you can sprinkle a little parmesan cheese and place vegetables under the broiler until browned.
11. This recipe works just as well for just one vegetable of your choosing.