Herbed Pesto-Stuffed Portobello Caps

Savory Portobello mushrooms filled with a vibrant vegan pesto and crunchy nuts, perfect for a low-carb, protein-rich meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 2 large Portobello mushroom caps
- 1/3 cup fresh basil leaves
- 2 tbsp pine nuts
- 2 tbsp walnuts
- 1 garlic clove
- 1/4 cup nutritional yeast
- 1/4 cup olive oil
- 1 tbsp lemon juice
- Salt and black pepper to taste
- 1 tbsp olive oil for brushing
- Optional: red pepper flakes for a mild kick

Instructions

1. Preheat oven to 375°F.
2. Clean Portobello caps and remove stems carefully.
3. Brush mushroom caps with 1 tbsp olive oil, season lightly with salt and pepper, and place on a baking sheet.
4. In a food processor or blender, combine basil, pine nuts, walnuts, garlic, nutritional yeast, lemon juice, salt, and pepper.
5. Slowly add olive oil while blending until a smooth pesto forms. Add red pepper flakes if using.
6. Spoon generous amounts of pesto into each mushroom cap, filling the cavity evenly.
7. Bake stuffed mushrooms for 20-25 minutes, until tender and aromatic.
8. Serve warm, optionally garnished with extra chopped nuts or fresh basil.

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