



MABS' QUINOA AND SQUASH STUFFED PORTABELLO

1 leek, sliced and rinsed (white only)
1/4 butternut squash, peeled and diced
olive oil
Salt and pepper
1/4 cup white wine or vegetable broth

1 cup red quinoa, cooked as directed
3 portobello mushrooms;
wiped, stems removed, gills scraped
MABS' ATOMIC MUSTARD
5 ounces blue cheese

Sauté vegetables in oil with salt and pepper over medium high heat until just tender; Splash with wine or broth til evaporated.

Cook quinoa as directed. Combine with vegetables and set aside.

Heat large pan, lightly coat with olive oil. Cook mushrooms top down first for 4 mins. Flip and cook another 2. Place on cookie sheet or in casserole dish. Cover generously with Mabs' and top with quinoa mixture. Place generous slices or crumbles of blue cheese on top and bake in 375 oven for 10-13 minutes, or until cheese is melting. Use a kitchen torch to brown or place under broiler until bubbly.

Eat with great joy!

FROM THE KITCHEN OF  **MABS'**
ATOMIC MUSTARD