Smokin’ Joe Lasher’s Spinach and Avocado Stuffed Mushrooms

Prep time: 10 mins Cook time: 15 mins Servings: 6

Ingredients:

8 oz Baby Bello mushrooms

2 tbsp olive oil, divided

1 ½ cup baby spinach

1 tsp minced garlic

1 ripe avocado

¼ cup of crushed walnuts

1 tbsp of nutritional yeast

1 tbsp of lemon juice

1 tsp salt

¼ cup sliced almonds

Instructions:

1. Preheat oven to 450° F
2. Wash mushrooms in cold water and remove stems
3. Place mushrooms cap side down on sheet pan lined with baking paper or foil and use pastry brush to paint the edges of your mushrooms with olive oil then sprinkle with salt.
4. Bake mushrooms for 5 minutes then remove and set aside.
5. In a food processor or blender, combine spinach, garlic, walnuts, lemon juice, nutritional yeast and salt to taste and blend until chunky, but smooth.
6. Peel and remover your avocado pit and place in a medium mixing bowl and mash until chunky. Pour the spinach mixture over the avocado and mix and taste. Add salt or any seasoning you like.
7. Spoon the filling into mushroom caps and place back into oven 3-5 minutes. Remove and sprinkle with sliced almonds.