

**Lemon Walnut Brussels Sprout Stuffed Portobello  
Mushroom Caps - makes 4 caps**

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**Ingredients:**

- 4 portobello mushrooms
- 2-3 brussels sprouts, chopped finely
- 3-4 green onions, chopped
- 1/2 lemon, juiced
- 2 garlic cloves, minced
- 1/4 cup parsley, roughly chopped
- 1/8 cup of walnuts, chopped
- 1/8 cup of almonds, slivered
- 1/3 cup crumbled feta
- 1/4 cup olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tsp steak spice or seasoning salt



**Directions:**

1. Preheat oven to 375 degrees.
2. Gently wash and remove stem from the mushrooms. Place mushrooms bottom-side up on a baking sheet.
3. Put all the ingredients in a small mixing bowl and gently mix everything together.
4. Spoon the mixture into the mushroom caps, dividing the mixture evenly between the four caps.
5. Place into oven and cook for 30-35 minutes.
6. Remove from oven and let cool slightly before serving.