



8 oz. organic button or Crimini mushrooms
1 c. shredded zucchini
1 carrot, grated
5 green onions, chopped
2 sprigs fresh Parsley, chopped
1/2 t. all purpose seasoning
3/4 c. gluten free bread crumbs, or ground gluten free crackers
1/2 t. sea salt
black pepper
3 T. butter or ghee
Canola oil spray or melted ghee for the pan

Heat oven to 350 degrees. Butter a glass baking dish. Clean mushrooms and remove stems, placing stems in the bowl of a food processor. Place mushroom caps top-side-up in baking pan. Spray with spray oil, or drizzle with melted ghee. Bake for about ten minutes, until they soften and begin to give off liquid. Remove them from the oven, and turn them upside-down. Meanwhile, add zucchini, carrot, onion and parsley to the food processor. Pulse until finely chopped. Melt butter in a medium saute pan. Add zucchini mixture, salt, pepper to taste, bread crumbs, and seasoning. Cook, stirring frequently, for about 8 minutes. Remove from the heat and allow to cool slightly. Using a small cookie scoop, place dollops of the mixture into each mushroom cap. Bake an additional 15 minutes until heated through. Serve.

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