

# Portabella Stuffed Turkey

*This is such a fun and interesting recipe...the portabella mushroom is filled with a mix of ground turkey and bulgur, very simple and great with a side of salad.*



Before you continue reading my post, I need to apologize for not posting anything that is like "Halloween"...somehow I did not come out with anything interesting using Halloween theme...I have been out of creativity lately...yes, you can add some

“eyes” and “nose” on this stuffed Portabella mushroom...

Anyway, this is another way that I found very tasty to use Portabella mushrooms...by stuffing it with ground turkey. It is simple and delicious! I love this by simply serving with a small side salad.

I hope you enjoy!

***Ingredients:***

- 1 lb ground turkey
- 1 red bell pepper, chopped
- $\frac{1}{2}$  cup bulgur
- 1 green onion chopped finely
- Dash of ground all-spice
- Salt and pepper to taste
- 1 tablespoon olive oil
- Fresh parsley finely chopped to taste
- 4 large Portabella mushrooms



**Method:**

Soak the bulgur in water for approximately  $\frac{1}{2}$  hour. Drain well by squeezing the water out. Set aside.

In a medium bowl add the drained bulgur and all the remaining ingredients, except for the Portabella mushrooms. Mix well and set aside.

Wash and pat dry the mushrooms. Remove the stem and some of the gills. Place the mushrooms on the oiled oven tray covered with aluminum foil or silicon mat.

Preheat oven at 350F.

Fill each mushroom with the turkey mix. Brush the top with some olive oil and bake in a preheated oven for approximately 30 to 40 minutes or until the turkey is cooked thoroughly.

Garnish with fresh parsley. Serve hot or warm.





If you enjoy this simple recipe you might want to check on Sunny Portabella Mushroom recipe.

Okay I did not bake or cook any Halloween theme as I mention above, but last night we went to Descanso Gardens for the 'Rise of the Jack-O-Lanterns"...it was a phenomenal the experience of seeing thousands of carved pumpkins lighted...below I am sharing with you a little sample of what we saw.



Did you know that Portabella mushroom are the mature form of baby cremini mushrooms? Mushrooms in general are rich sources of copper, selenium and vitamin B. Moreover, mushrooms support immune system and there are studies linking the anti-inflammatory benefits of mushrooms in deactivating cancer -like cells.



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