



**4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS**

# The Friday 4

## 1 QUICK RECIPE:

### Buffalo Stuffed Mushrooms

16 OZ Baby Bella Mushrooms, rinsed under cold water and dried

1 TB Olive Oil

4 Green Onions, Greens and Whites, Chopped

1 Garlic Clove, Grated

2 TB Buffalo Wing Sauce

4 Oz Whipped Light Cream Cheese, softened

¼ Cup Crumbled Blue Cheese

2 TB Shredded Parmesan

Sea Salt and Freshly Ground

Black Pepper

Panko Bread Crumbs

### Step One

Preheat the oven to 400F. Remove the stems from the mushrooms, and place on a sheet pan, open side up. Slide into the oven and cook for about 15 minutes or until the caps are soft and given up their liquid.

### Step Two

Sauté the green onions in the olive oil until wilted about 1 minute, add the garlic and cook and stir until aromatic. Remove from the heat, and stir in the wing sauce, cheeses, and salt and pepper to taste. Stuff the caps with the cheese mixture, top with Panko Place back in the oven until warm about 6-8 minutes.



## 2 KITCHEN SCOOP

Did you know that "Crimini" mushrooms are the same as "Baby Bella"? Its only in the United States these mushrooms have the moniker of Baby Bella -

everywhere else in the world they are called Crimini. Smart marketers in the U.S. created the name and it stuck!

## 3 CLEVER

The secret to yummy stuffed mushrooms? Make sure to roast the caps BEFORE you stuff them. That way you will get the most "umami" flavor from them - the flavor of richness.

## 4 CHEERS!

**R Stuart Big Fire Pinot Noir**  
**Willamette Valley Oregon**  
**About \$20.00**

R Stuart calls this a "Tuesday Night Wine - its the kind of wine you pour when you get home from work and are looking to enjoy a glass with dinner. Consistently lauded by wine gurus, its cherry cranberry flavors will go well with the "meaty" tasting mushrooms and compliment the rich creamy buffalo stuffing. It's a blend of 100% Pinot Noir grapes from four of their vineyards around the Willamette Valley.