



# SAM KAVANAUGH


## GRILLED MINNESOTA WILD RICE STUFFED MUSHROOMS

This is a great appetizer to eat while watching Jeopardy!, inspired by my home in the Northwoods of Minnesota. It's fairly easy for mediocre cooks like me, but is sure to impress.



## INGREDIENTS:

10-12 LARGE-CUPPED MUSHROOMS OF YOUR CHOICE  
1 CUP WILD RICE  
¼ CUP DICED ONION  
GRATED PARMESAN CHEESE  
2-3 SPRIGS FRESH ROSEMARY, STEMS REMOVED  
1 TABLESPOON REAL MAPLE SYRUP  
1 TABLESPOON OLIVE OIL  
2 TEASPOONS MINCED GARLIC  
SALT AND PEPPER TO TASTE  
ALUMINUM FOIL



1. Turn on grill to medium heat.
  2. Boil the wild rice according to the package directions, making sure that it gets soft and chewy (texture should be similar to a cooked shrimp).
  3. Rinse and dry all the mushrooms, then remove the stems.
  4. Combine the mushrooms, olive oil, and rosemary in a large bowl, and toss until the mushrooms are covered in oil. Be careful not to break any of the mushroom caps.
  5. Toss together wild rice, diced onion, and garlic. Add salt and pepper to your preference.
  6. Stuff the caps with the rice mixture, pressing lightly to fit as much as desired.
  7. Drizzle a small amount of maple syrup into each cap, as well as a small amount of oil.
  8. Place all mushroom caps tightly together on the foil so that the open side of the cap remains pointing upwards. Wrap the foil around so that all mushrooms are covered, then place on grill for 15-20 minutes. Alternatively, you can forego the foil and place mushroom caps directly onto the grill but be careful that they don't stick to the grate.
  9. Once mushrooms are done, sprinkle parmesan cheese onto them and serve.
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