



Makes 24 mushrooms + $\frac{1}{3}$ cup vinaigrette
Preparation Time: 25 minutes
Cook Time: 50 minutes

INGREDIENTS:

1 cup whole wheat panko
 $\frac{3}{4}$ cup white balsamic vinegar
6 tablespoons lemon juice
2 tablespoons nutritional yeast
2 teaspoons Dijon mustard
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{8}$ teaspoon sea salt
1 teaspoon fresh thyme leaves
24 2-inch button mushrooms
(about 1 lb.), stems removed
 $\frac{1}{4}$ cup brown rice flour
Fresh thyme and/or arugula
(optional)

Breaded Mushrooms with White Balsamic Vinaigrette

Mushroom lovers will go crazy for these cute breaded mushroom bites, which are just the right size for a [party appetizer](#). The first step is to quick-pickle the mushrooms in a tangy Dijon-balsamic vinaigrette for half an hour. While this is optional (see tip below), it makes the mushrooms extra tangy and tender and contrasts nicely with the crunchy [whole wheat panko](#) coating. The trick to getting the bread crumbs to stick is to coat the mushrooms with a mix of brown rice flour and vinaigrette before rolling in the whole wheat panko. Serve these tasty mushrooms with some of the white balsamic vinaigrette for dipping, and watch them go!

Tips

Short on time? Skip the marinating step (Step 3) and go straight to Step 4.

Gluten-free version: To make these gluten-free, use gluten-free whole wheat panko, and be sure to use a brand of Dijon mustard that's gluten-free.

For more inspiration, check out these tasty ideas:

- [Smoky Vegan Stuffed Mushrooms](#)
- [Sweet Potato Stuffed Mushrooms](#)
- [Vegan Jalapeño Poppers with Savory Sweet Potato Filling](#)
- [Smoky Little Devils](#)

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- 1 Preheat oven to 375°F. Line a 15×10-inch baking pan with foil. Set a wire rack over foil in pan. Place panko in a large bowl.
- 2 For vinaigrette, in a blender combine the next six ingredients (through salt). Cover and blend until smooth. Add thyme; pulse to combine. Reserve $\frac{1}{3}$ cup of the vinaigrette for serving.
- 3 In a large bowl toss the mushrooms with the remaining vinaigrette; let stand 30 minutes, stirring occasionally. Drain mushrooms, reserving 6 tablespoons of the vinaigrette.
- 4 Whisk together the 6 tablespoons vinaigrette and the brown rice flour. Add mushrooms; stir until evenly coated. Transfer 3 or 4 mushrooms at a time to bowl with panko; toss until evenly coated. Place mushrooms on rack in prepared pan.
- 5 Bake 20 to 25 minutes or until mushrooms are cooked through and lightly browned. Serve with reserved vinaigrette and a sprinkle of chopped fresh thyme and/or arugula (if using).