

Grilled Portabella Mushrooms

Yield: 8 mushrooms
Serving size: 1 mushroom



The portabella mushroom soaks up the flavor of the marinade. Grilling highlights the mushroom's meaty texture and provides a substantial vegetarian alternative to meat. The grilled and marinated mushroom is also great on a sandwich or with pasta.

Nutrition Facts	
Serving size	1 Mushroom
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 431mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

½ cup balsamic vinegar
2 TBSP olive oil
2 TBSP Dijon mustard
2 teaspoons dried rubbed thyme
½ teaspoon Kosher salt
1 teaspoon ground black pepper
8 portabella mushrooms

Note: You can substitute drained and pressed tofu for the mushroom.

DIRECTIONS

1. In a small bowl, whisk balsamic vinegar, olive oil, mustard, thyme, salt, and pepper together.
2. Remove and discard mushroom stems.
3. Use a spoon to gently scrape the black “gills” from the underside of the mushroom.
4. Place marinade and mushrooms in a gallon zip top bag and seal. Marinate at room temperature for up to 30 minutes.
5. Heat grill or grill pan to medium-high heat.
6. Remove mushrooms from the bag and place on grill.
7. Grill each mushroom for 4–5 minutes per side.

