

BUTTERY GARLIC MUSHROOMS

By Dr. Cindy Tanzar
(Standard)

In just a few minutes, you can transform very simple ingredients into a fancy side dish any day of the week. The combination of butter and garlic never gets old and goes wonderfully with beef, chicken or fish. The first trick to achieving nicely browned mushrooms is to cook over medium heat, so that the butter browns and turns nutty without burning; and secondly, to resist the urge to stir them too soon. Makes 4 servings. One serving equals one cup of cooked vegetables and your fat for one meal.



INGREDIENTS

- 4 Tbsp Kerry Gold butter
- 1 Tbsp extra virgin olive or avocado oil
- 1/2 an onion, chopped (optional)
- 1 lb. button or Cremini mushrooms
- 1 tsp fresh thyme leaves (best) or 1/3 tsp dried thyme
- 2 Tbsp chopped parsley



4 cloves garlic, crushed and minced
Pink Himalayan salt & ground pepper, to taste

INSTRUCTIONS

Heat the butter and oil in a large pan over medium-high heat (do not turn it too high).
Sauté the onion until soft.

Add mushrooms and cook about 4 minutes on one side or until nicely browned. Turn them over, sprinkling garlic over the mushrooms, letting them brown on the other side, as well.

Add the thyme, 1 Tbsp of parsley, sea salt & pepper. Sauté 30-60 seconds.
Remove from heat and sprinkle with remaining parsley.