



GARLIC BUTTER MUSHROOMS

By Dr. Cindy Tanzar
(Standard/Vegan)

When you are looking for a quick, delicious side dish to go with most any meal, sautéed mushrooms are hard to top. You can use almost any type or blend of mushrooms for variety, while creating an earthy, rich flavor that will transform a simple dinner into a special entree. This is an inexpensive way to bring steakhouse flavors into your home, as well.

Makes 3-4 servings. One serving of this recipe is 1 cup of cooked mushrooms and 1 serving of fat.



INGREDIENTS

- 1 lb. mushrooms, whole, quartered or sliced*
- 3 Tbs. Kerry Gold butter
- 2 cloves garlic, minced
- 2 tsps. chopped fresh **or** 1 tsp. dried herbs (rosemary, thyme, parsley, oregano, basil etc.), try dried Italian seasoning or a mix of flavors
- Pink Himalayan salt & ground pepper, to taste



INSTRUCTIONS

Melt butter in a skillet. Add garlic and stir. Add in mushrooms, sautéing over medium heat for 8-10 minutes or until nicely browned. Sprinkle with the herbs, mixing well to coat with the butter sauce.

*Clean mushrooms with a damp paper towel. Do not submerge in water, or they will absorb the water and not brown