



MARINATED PORTOBELLO MUSHROOMS

By Dr. Cindy Tanzar
(Standard/Vegan)

We are huge fans of all things roasted, especially vegetables. It just lends another level of flavor to your food, and portobello mushrooms are no exception. They are exceptionally “meaty” and pair well with beef, chicken or sliced along with other roasted vegetables. The balsamic vinegar adds a brightness to this recipe, while the garlic, shallot and herbs make it very savory. It’s a wallop of flavor! Makes 2-3 servings. One serving of this easy recipe is 1 cup cooked and covers your vegetable and fat for one meal.



INGREDIENTS

- 3-4 portobello mushrooms
- 1/4 cup extra virgin olive oil
- 2-3 Tbsp organic balsamic vinegar (to taste)
- 2-3 Tbsp garlic, minced (to taste)
- 1 large shallot, chopped
- Pink Himalayan salt & ground black pepper, to taste



Sprinkle chopped fresh herbs to taste: parsley, thyme, basil, rosemary (optional)

INSTRUCTIONS

Clean mushrooms with a damp cloth and remove stems. You can either gently remove the gills by scaping with a spoon or leave them. Place into a large Ziploc bag (if they are large, it may take two bags).

In a measuring cup, combine the remaining ingredients together. Pour the marinade into the bag over the mushrooms and distribute it evenly on both sides. Lay the bag flat for at least 30 minutes to 2 hours, flipping the bag occasionally.

Preheat oven to 400°F. With tongs, gently remove the mushrooms and place on a lightly greased baking sheet. Roast for 10 minutes, then carefully flip and roast on the other side for 10 minutes.

You can drizzle the roasted mushrooms with any leftover marinade in the bag, if you like.