

Recipe for



Marinated Mushrooms (4)

SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min / 10 min

NUTRITION INFORMATION

Total Calories 69

Fat .4 g

Protein 2.7 g

Carbohydrates 12.6 g

Fiber .8 g

INGREDIENTS

4 portobello caps or 1 cup of baby bello mushrooms

1/4 cup of balsamic vinegar

Add spices such as oregano, basil, rosemary and allow to marinate until texture changes from light and airy to dense.

DIRECTIONS

Wash and place portobello caps in Tupperware "gill" side up

Pour 1/4 cup of balsamic vinegar over caps, per 4 portobello caps.

If using baby bello mushrooms, use 1/4 cup of balsamic for every 12-15 caps.

Add spices such as oregano, basil, rosemary and allow to marinate until texture changes from light & airy to dense, approx 10 - 15 minutes.

May continue to marinate up to three days.

For larger portobello caps, flip mushrooms.

Add water to dilute vinegar to your taste preference.

