



Balsamic Grilled Mushrooms

2 servings

25 minutes

Ingredients

- 5 cups Mushrooms (halved)
- 2 tbsps Balsamic Vinegar
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	77
Fat	1g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	519mg
Vitamin A	0IU
Vitamin C	6mg
Calcium	19mg
Iron	2mg

Directions

- 1 Stir all the ingredients together and let marinate for at least 15 minutes.
- 2 Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
- 3 Remove from the grill and enjoy!

Notes

Leftovers: Keeps well in the fridge for 3 to 4 days in an airtight container.

No Grill: Saute them on the stovetop instead.