

Broiled Portobello Mushrooms

Many high-end restaurants have grilled Portobello mushrooms on the menu, and now you can make them at home. Mushrooms have no fat and are low in calories and sodium. Serve this as a side dish as part of your vegetables with the meal.

Serves: 4

4 large Portobello mushrooms, stems removed
1 tbsp olive oil
1 tsp garlic powder
1 tsp onion powder
¼ tsp salt
1 tbsp balsamic vinegar- flavor of your choice



Directions:

1. In a medium mixing bowl combine whole mushrooms and remaining ingredients. Marinate for 20 minutes.
2. Preheat oven broiler to high. Remove mushrooms from the marinade and place on ungreased baking sheet. Broil on the middle rack for 4 minutes. Turn mushrooms over and broil another 4 minutes.

Note: You can cook the mushrooms on the grill instead of broiling.

Per serving: 60 calories, 2g protein, 4g fat (1 g saturated), 0mg cholesterol, 5g carbohydrate, 1g fiber, 3g sugar, 150 mg sodium

% Daily Value: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 2%

