

Balsamic Marinated Mushrooms

Yield: 12 servings

Ingredients

12 ounces mushrooms
3 tablespoons balsamic vinegar
1 tablespoon honey
1 teaspoon red pepper flakes
½ cup olive oil
2 cloves garlic, minced

Instructions

1. Preheat the oven to 400 degrees.
2. Slice the mushrooms thin, set aside.
3. In a medium sized mixing bowl combine balsamic vinegar, honey, red pepper flakes, olive oil, and garlic and whisk until all ingredients are fully incorporated.
4. Pour the marinade over the bowl of sliced mushrooms, cover the bowl with plastic wrap and let the mushrooms marinate for 30 to 45 minutes.
5. Remove the marinated mushrooms from the marinade, drain and place them on a sheet pan in the oven and roast for 10 to 15 minutes.
6. Remove the mushrooms once done and enjoy!

Nutrition Information

Serving Size: 1 ounce
Calories: 100
Total Fat: 9 g
Saturated Fat: 1 g
Monounsaturated Fat: 1.5 g
Sodium: 80 mg
Total Carbohydrate: 3 g
Dietary Fiber: 0 g
Sugars: 2 g
Protein: 1 g

Source: Health Meets Food



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