

Balsamic Marinated Mushrooms

These mushrooms make for a flavor packed topping for a burger, sandwich, or salad. They can also be used as an umami-packed side dish.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

16 oz	Mushrooms, thinly sliced
1/3 cup	Balsamic Vinegar
1 Tbsp	Honey
1/2 tsp	Red Pepper Flakes
1/4 cup	Extra Virgin Olive Oil
2 cloves	Garlic, minced

CHEF NOTES

Even a quick marinating time will produce flavorful results with this recipe, but feel free to let the mushrooms soak in the spicy, tangy dressing for as long as you have to yield maximum flavor!

If you are looking to save a few calories, you can drain off the excess marinade before roasting, but most of the liquid will be absorbed by the mushrooms which act like a sponge to soak up the flavor of the garlic and balsamic in this recipe.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F.
2. In a small bowl, combine the vinegar, honey, red pepper flakes, oil, and garlic. Whisk the marinade until all ingredients are fully incorporated.
3. Add sliced mushrooms to a large shallow bowl. Pour the marinade over the mushrooms and mix until the mushrooms are coated. Allow the mushrooms to sit in the marinade for at least 10 minutes (up to 30 minutes if time allows).
4. Transfer the mushrooms to a sheet tray and place in the oven to roast for 15-20 minutes, until they are tender and browned.
5. Remove the mushrooms from the oven and allow to cool for a few minutes before adding to your favorite dishes!

Nutrition Facts

6 servings per container

Serving size 1/4 cup (104g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 6g

Includes 3g Added Sugars 6%

Protein 2g 4%

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 360mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food: Balsamic Marinated Mushrooms (6/10/19)



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