

Grilled Portobello Mushrooms

Ingredients:

6 medium Portobello mushrooms 1 clove garlic, minced
1/8 teaspoon salt 1/8 teaspoon freshly ground pepper
1 tablespoon plus 1 teaspoon extra virgin olive oil
2 teaspoons balsamic, wine, or herbed vinegar

1. Preheat the broiler or prepare a charcoal grill, spraying the rack with nonstick pan spray.
2. Clean the mushrooms well and cut off the tough bottoms of the stems.
3. Combine the olive oil, vinegar, and garlic in a small bowl. Brush all surfaces of the mushroom with the mixture. Allow to marinate at least 20 minutes.
4. Put the mushrooms on the prepared broiler pan or grill, stem sides up. Broil or grill about 4 inches from the heat source until the mushrooms are tender, about 4 to 5 minutes on each side. Sprinkle with salt and pepper.

Nutrition Information: per 1 mushroom

Calories: 46	Total Fat: 3 g
Sodium: 50 mg	Carbohydrates: 4 g
Dietary Fiber: 1 g	Protein: 2 g