

Grilled Portobello Mushrooms

Ingredients:

6 large portobello mushrooms
¼ cup balsamic vinegar
¼ cup fresh-squeezed lemon juice
½ cup olive oil
3 cloves garlic, minced
2 tablespoons fresh rosemary, finely chopped
(or 2 teaspoons dried, crumbled)
3 tablespoons sugar
salt and black pepper to taste
6 cheese slices (optional)
3 cups sauteed onions (optional)

Procedure:

Remove most of the stem from the mushrooms and save stems for another use, or discard. Place mushrooms in a shallow dish. Combine remaining ingredients, pour over mushrooms and marinate for several hours; turn mushrooms once or twice while marinating. Grill over a medium-hot bed of wood chunks or charcoal for 15 to 30 minutes, depending upon the size of the mushrooms. Watch the mushrooms closely. Top with thick slices of your favorite cheese a minute or so before removing from grill. Serve on a crusty roll or length of French bread.

an 8-ounce portobello and a tablespoon of the marinade contain about 130 calories and 7 grams of fat

Mushrooms provide some iron, B vitamins and fiber. Being of plant origin, they contain no cholesterol and only a trace of fat.

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