

Healthy Recipe for May 2011

Marinated Portobello mushrooms with provolone (Serves 2)

Ingredients

2 Portobello mushrooms, stemmed and wiped clean
1/2 cup balsamic vinegar
1 tablespoon brown sugar
1/4 teaspoon dried rosemary
1 teaspoon minced garlic
1/4 cup grated (1 ounce) provolone cheese

Method

- To clean mushrooms, wipe them with a damp cloth or sturdy paper towel; do not immerse them in water because they will soak up the water like a sponge.
 - Preheat the broiler (grill). Position the rack 4 inches from the heat source. Lightly coat a glass-baking dish with cooking spray. Place the mushrooms in the dish, stemless (gill) side up.
 - In a small bowl, whisk together the vinegar, brown sugar, rosemary and garlic. Pour the mixture over the mushrooms. Set aside for 5 to 10 minutes to marinate.
 - Broil (grill) the mushrooms, turning once, until they're tender, about 4 minutes on each side. Sprinkle grated cheese over each mushroom and continue to broil (grill) until the cheese melts. Transfer to individual plates and serve immediately.

Nutritional Analysis (per serving)

Serving size: 1 mushroom

Calories	100	Cholesterol	10 mg
Protein	6 g	Sodium	138 mg
Carbohydrate	10 g	Fiber	1 g
Total fat	4 g	Potassium	465 mg
Saturated fat	2 g	Calcium	114 mg
Monounsaturated fat	1 g		

Source: <http://www.mayoclinic.com/health/healthy-recipes/NU00541>