



Balsamic Marinated Mushrooms

Great on top of a burger, sandwich, or salad.

U.S.

5 cups	Button Mushrooms
3 Tbsp	Balsamic Vinegar
1 Tbsp	Honey
1 tsp	Red Pepper Flakes
1/4 cup	Olive Oil
2 cloves	Garlic, minced

Metric

340g
45mL
15mL
1.5g
60mL
2 cloves

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Thinly slice the mushrooms and set aside.
4. 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.
5. Add the mushrooms, mix to combine, and allow to marinate for 20-30 minutes.
6. Drain the marinade from the mushrooms, then place the mushrooms on a baking sheet lined with parchment paper or tin foil. Place in the oven and roast for 10-15 minutes.
7. Remove the mushrooms once done and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1/4 cup**

Amount per serving

Calories **150**

Total Fat	10 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	10 g
Dietary Fiber	3 g
Total Sugars	4 g
Includes 3g Added Sugars	
Protein	5 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	15 mg
Phosphorus	3 mg
