



## Balsamic Marinated Mushrooms

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

<u>U.S.</u>		<u>Metric</u>
12 oz	Mushrooms	340 g
3 Tbsp	Balsamic Vinegar	45 mL
1 Tbsp	Honey	21 g
1 tsp	Red Pepper Flakes	1.5 g
1/2 cup	Olive Oil	120 mL
2 cloves	Garlic, minced	2 cloves

### Preparation:

1. Gather all ingredients and equipment.
  2. Preheat the oven to 400°F (200°C).
  3. Slice the mushrooms thin, 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. Pour the marinade over the bowl of sliced mushrooms, cover the bowl with plastic wrap and let the mushrooms marinate for 30-45 minutes.
- Place the sheet pan in the oven and roast the mushrooms for 10-15 minutes.
7. Remove the mushrooms once done and enjoy!

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### Nutrition Facts

<b>Serving size</b>	<b>1 oz</b>
<b>Servings</b>	<b>12</b>
<b>Calories</b>	100
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	3 g
Dietary Fiber	0 g
Sugars	2 g
Protein	1 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg

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