



MUSHROOMS A LA GREQUE

Basic Lifestyle

Ingredients

1 lb. small mushrooms
1/4 cup olive oil
1/4 cup red wine vinegar
1 TBS finely chopped or minced garlic
1-2 TSP coriander seed
1 bay leaf
1/4 TSP dried thyme
1/4 TSP black pepper

Instructions

1. Heat oil in skillet and add garlic, vinegar, coriander, bay leaf, thyme and pepper.
2. Add the mushrooms and cover.
3. Cook over high heat for approximately 7 minutes. Serve hot or cold.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = ½ cup = 1 V