



SIMPLY GRILLED PORTOBELLO MUSHROOMS

Basic Lifestyle

Ingredients

1-1/2 TBS olive oil
1-1/2 cloves garlic, finely chopped
1 TSP chopped fresh basil
Morton's Lite salt to taste
freshly ground black pepper
4 portobello mushrooms

Instructions

1. Preheat the grill.
2. Mix the olive oil, garlic, salt and pepper together. Remove the stems from the mushrooms and brush both sides of the caps with the olive oil mixture. Set aside.
3. Grill the mushrooms until they are soft in the center, about 3 to 4 minutes on each side.
4. Transfer to a cutting board, and slice into 1-inch strips.

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

Serving = 1 mushroom = 1 V