Barbecue-Style Portobellos

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Portobello mushrooms make a delicious meal when simmered in a spicy sauce and served with quinoa, brown rice, or pasta.

About the Recipe

132 Calories · 4.7 g Protein · 3.9 g Fiber
Dinner

Ingredients

Makes 2 Servings

- 2 large portobello mushrooms
- 1/2 c (120 mL) vegetable juice
- 1/4 c (60 mL) apple juice concentrate
- 1/2 c (120 mL) roasted red peppers
- 1 tbsp (15 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) seasoned rice vinegar
- 2 tsp (10 mL) chili powder
- 1/2 tsp (2.5 mL) garlic powder
- 1/4 tsp (1.2 mL) black pepper

Directions

1. Clean mushrooms and remove stems. Cut into 1/2-inch (1.3-cm) strips.
2. Combine vegetable juice, apple juice concentrate, red peppers, soy sauce, vinegar, chili powder, garlic powder, and black pepper in a blender.
3. Process until smooth, then transfer mixture to a nonstick skillet and heat until bubbly.

4. Add mushroom strips, turning to coat evenly with sauce.
5. Cover and cook over medium-high heat, turning occasionally, until mushrooms are tender, about 10 minutes. Serve.

Nutrition Facts

Per serving (1/2 of recipe)

Calories: 132
Fat: 1.2 g
    Saturated Fat: 0.2 g
    Calories from Fat: 8.4%
Cholesterol: 0 mg
Protein: 4.7 g
Carbohydrates: 28.9 g
Sugar: 19.9 g
Fiber: 3.9 g
Sodium: 589 mg
Calcium: 31 mg
Iron: 1.8 mg
Vitamin C: 97.9 mg
Beta-Carotene: 1,906 mcg
Vitamin E: 1.6 mg