Garlic Mushrooms

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

Looking for a small plate to serve at your next party? These mushrooms make a great dish!

About the Recipe

30 Calories · 1.5 g Protein · 1.5 g Fiber
Dinner

Mushrooms contain a powerful antioxidant called selenium.

Ingredients

Makes 6 Servings

- 1 c (240 mL) vegetable broth
- 2 8-ounce containers mushrooms, quartered
- 4 cloves garlic, thinly sliced
- 1 tsp (5 mL) smoked paprika
- 1/4 tsp (1.2 mL) crushed red pepper
- 2 tbsp (30 mL) dry sherry or sherry vinegar
- Iodized salt **optional*
- Ground black pepper **optional*
- 1/2 bunch finely chopped fresh parsley

Directions

1. Heat 1/4 c (60 mL) broth in a large skillet over medium heat. Add the mushrooms and cook for 2 minutes without stirring.
2. Stir and cook for about 5 minutes, until mushrooms begin to brown. Add the garlic, paprika, and red pepper. Cook for 2 minutes.

3. Add the sherry and cook until it evaporates.
4. Add the remaining 3/4 c (180 mL) broth and season with salt and black pepper, if using. Bring to a boil, lower heat, and simmer for 3 minutes.
5. Pour the mixture into a bowl and sprinkle with parsley.

Nutrition Facts

Per serving (1/6 of recipe)

Calories: 30
Fat: 0.4 g
    Saturated Fat: 0 g
    Calories From Fat: 9.7%
Cholesterol: 0 mg
Protein: 1.5 g
Carbohydrate: 5.1 g
Sugar: 0.8 g
Fiber: 1.5 g
Sodium: 309 mg
Calcium: 16 mg
Iron: 1.4 mg
Vitamin C: 9.6 mg
Beta-Carotene: 409 mcg
Vitamin E: 0.2 mg