

# 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
- Ground black pepper
- 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.&nbsp;
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