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

- large portobello mushrooms (2)
- vegetable juice (1/2 cup)
- apple juice concentrate (1/4 cup)
- roasted red peppers (1/2 cup)
- reduced-sodium soy sauce (1 tbsp.)
- seasoned rice vinegar (1 tbsp.)
- chili powder (2 tsp.)
- garlic powder (1/2 tsp.)
- black pepper (1/4 tsp.)

Directions

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