

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

1. Clean mushrooms and remove stems. Cut into 1/2-inch 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