

SAUTÉED MUSHROOMS WITH BASIL AND BLUE CHEESE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 5 Serving = 1/2 cup with 1/2 Tablespoon blue cheese)

Nutrition (per serving)

Calories: 90

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 61 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1 g

Protein: 4 g



Ingredients

- ½ Tablespoon garlic, minced
- 2– 8 ounce containers sliced mushrooms (any kind)
- ½ Tablespoon extra-virgin olive oil
- 1/3 cup green onion, chopped
- 0.75 ounce container fresh basil, chopped (about ½ cup)
- ¼ cup slivered almonds
- 1 ½ teaspoons honey
- 1 Tablespoon balsamic vinegar
- 1/8 teaspoon ground black pepper
- Pinch each of salt, cayenne pepper, and ground nutmeg
- 2 ½ Tablespoons blue cheese, crumbled



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Directions

1. In a large skillet on medium-high heat, sauté garlic and mushrooms in olive oil for 1 minute.
2. Add green onion, basil, almonds, honey, balsamic and seasonings. Stir well, cover and let cook for 3-4 minutes or until mushrooms cook down and are brown.
3. Serve topped with blue cheese crumbles.