

## **Grilled Portabella Mushrooms**

Serving Size: 1 mushroom cap

Serves: 6

### **Ingredients**

2 tablespoons extra virgin olive oil  
1 clove garlic, minced  
ground black pepper to taste  
pinch of salt  
6 large portabella mushroom caps

### **Directions**

1. Combine the dressing ingredients in a small mixing bowl.
2. Brush the mushroom caps on both sides with the dressing.
3. Grill the mushrooms directly on the grill at medium heat for about 3-5 minutes each side, just until lightly browned.
4. Serve immediately or reserve warm.

### **Exchanges per serving:**

1 Vegetable, 1 Fat

### **Nutrients per serving:**

Calories: 62

Calories from fat: 41

Total Fat: 5g

Cholesterol: 0mg

Sodium: 21mg

Total Carbohydrate: 4g

Dietary Fiber: 1g

Protein: 2g