



# LEMONGRASS PORTOBELLO MUSHROOMS

Yield: 4 Servings

## Ingredients

- 13 oz.
- 4 tablespoons
- 3 teaspoons
- 3 teaspoons
- 3 teaspoons
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- ¼ cup
- Portobello Mushrooms, stemmed
- Fresh Shallots, peeled and minced
- Lemongrass, minced
- Garlic Cloves, minced
- Fresh Ginger Root, minced
- Fresh Chives
- Soy Sauce
- Lime Juice
- Canola Oil
- Honey

## Procedures

1. Remove stems of the portabella mushrooms, set aside.
2. Combine all other ingredients, except the mushrooms, and stir to combine.
3. Add mushrooms to marinade and marinate overnight or for 4 hours minimum.
4. Remove mushrooms from marinade and discard the marinade. Do not reuse.
5. Heat a sauté pan or flat top over medium heat and sauté both sides of the mushrooms until golden brown or until they reach an internal temperature of 165°F.
6. Julienne mushrooms and enjoy!

## Nutrition Facts

Serving size 1 ea (92 g)

Amount per serving  
**Calories 110**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 107mg 4%

**Total Carbohydrate** 21g 8%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 14g Added Sugars 30%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 0mg 0%

Potassium 358mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.