Grilled Portobello Mushrooms with Garlic and Thyme

Description

Grilled Portobello mushrooms with olive oil and garlic make a great side dish. Serve over brown rice, makes a complete meal.



Summary

Yield: 4
Prep Time: 15 minutes
Category: Vegetables
Cuisine: Italian

Ingredients

- 2 tbsp vegetable stock or broth
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 3 cloves garlic, minced
- 1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
- 1/4 tsp salt
- 4 large protobello mushrooms, brushed clean and stemmed

Instructions

Combine the vegetable stock, olive oil, vinegar, garlic, thyme and salt in a large plastic bag (with locking seal). Arrange the mushrooms in a single layer in the marinade, turning once to coat. Seal the bag, pressing out excess air. Marinate the mushrooms at room temperature, turning occasionally, for about 1 hour.

Prepare a hot fire in a charcoal grill or preheat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 inches from the heat source.

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Arrange the mushrooms on the rack or broiler pan and grill or broil, turning often, until tender, about 7 minutes.

With tongs, transfer the mushrooms to a cutting board. Slice thinly and serve warm.