

D'Avolio Mushroom Sliders



Makes: 6 servings



Ingredients:

- ♥ ¼ cup balsamic vinegar
- ♥ ¼ cup garlic olive oil
- ♥ 2 Tbsp. lemon juice
- ♥ 1 Tbsp. Dijon mustard
- ♥ 1 tsp. thyme leaves, finely minced
- ♥ 1 tsp. salt
- ♥ 4 portabella mushrooms cut in half
- ♥ 8 slider buns
- ♥ 8 pieces of lettuce
- ♥ 1 tomato
- ♥ 1 red onion, thinly sliced

PREPARATION

1. Combine balsamic, garlic olive oil, lemon juice, Dijon mustard, thyme, and salt.
2. Cut the portabella mushrooms into 1 ½ inch pieces and place in the marinade for about 20 minutes.
3. Preheat the oven to 400°F and the marinade and mushrooms in a pan, and cook for 20 minutes or until tender.
4. Serve with rolls, lettuce, tomatoes, and red onions.

Nutrition: 120 calories; 7g fat (1g saturated fat); 13g carbohydrates; 2g protein; 1g fiber; 350mg sodium



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