



Recipe: Grilled Portobello Mushrooms with Thyme and Garlic

Recipe Tip: A splash of olive oil with thyme and garlic brings out the mushrooms' Smokey flavour and meaty texture. Serve them as a side dish or on toasted whole-grain bread!

Ingredients *Serves Four

2 tablespoons vegetable stock or broth
1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
3 garlic cloves, minced
1 tablespoon chopped fresh thyme leaves or 1 teaspoon dried thyme
4 large portobello mushrooms, brushed clean and stemmed
1/4 teaspoon salt



Directions: Combine the stock, olive oil, vinegar, garlic, thyme and salt in a large lock-top plastic bag. Arrange the mushroom caps in one 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.

Arrange the mushrooms on the rack or broiler pan and grill or broil, turning often, until tender, about 7 minutes. Using tongs, transfer the mushrooms to a cutting board. Slice thinly and serve warm.

Nutrition Information (per serving)

Calories	68 kcal	Monounsaturated fat	2g
Protein	3g	Cholesterol	0mg
Carbohydrate	7g	Sodium	297mg
Total Fat	4g	Fibre	1g
Saturated Fat	<1g		

Recipe: Grilled Pineapple Salad

INGREDIENTS: 1 x whole pineapple, skinned, cored and cut into 1" slices
2 x red onions, sliced thickly, 3 tbsp olive oil, 1 cup of fresh mint leaves
salt and pepper, and the zest and juice of 1 lemon



DIRECTIONS:

1. Preheat a gas barbeque or indoor grill.
2. Brush pineapple and onion with olive oil and season with salt and pepper.
3. Grill pineapple for about 5 minutes per side, until golden grill marks appear and the fruit softens
4. Grill onion until soft.
5. Cut pineapple slices into quarters and chop the red onions.
6. Toss with lemon zest and juice, mint and adjust seasoning.

(Source: www.mayoclinic.com)