

Mushroom "Bacon"

Ingredients:

2 Portobello mushrooms, sliced thinly

Marinade:

4 tablespoons tamari soy sauce

1 medjool date, pitted minced

1/2 teaspoon liquid smoke

1 cup water



Nutrition Facts

6 servings per container

Serving size 1/3 cup (45g)

Amount per serving

Calories 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 13mg 0%

*The % Daily Value 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.

Instructions:

1. Mix all the ingredients of the marinade together in a bowl.
2. Place the thin slices of mushrooms into the marinade and refrigerate for about an hour.
3. Heat a non-stick pan, add 2 tablespoons water and add the slices of marinated mushrooms. Sauté until browned on both sides. Keep adding water as needed in 1 tablespoon increments, if the mushroom starts to stick to the pan.

* The nutrition analysis deducted the 3/4 cup of marinade that was discarded after removing the mushrooms.

Recipe by Maggie Carneiro, Dietitian