



GRILLED PORTOBELLOS W/GARLIC & HERBS

Barbecues are not just meant for meats - grill up this fabulous mushroom side with garlic, thyme and rosemary. Portobellos are so versatile - there are endless ways to grill and serve them.

INGREDIENTS

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp finely chopped fresh thyme leaves
- 1 tsp finely chopped fresh rosemary leaves
- 4 large portobello mushrooms
- salt and pepper to taste
- Lemon wedges, to serve



INSTRUCTIONS

1. Preheat grill to medium heat.
2. Combine oil, garlic, thyme and rosemary in a bowl. Season with salt and pepper. Brush mushrooms with oil mixture. You can let them sit in the marinade for 10-20 minutes. Just flip them a few times if you do.
3. Grill mushrooms for 6 to 8 minutes, turning halfway during cooking, or until charred and just tender.
4. Transfer to a plate. Squeeze a little fresh lemon on top.

Notes:

Grilled mushrooms are best enjoyed the day they are made but can last for a few days in the refrigerator. You can cut up the leftovers, then mix them with scrambled eggs or toss into a salad for a quick healthy lunch.

These are also great served hot off the grill on a roll - like a burger (or in a pita or wrap!) Just add your favorite toppings and sauces - the possibilities are endless.