

For Busy Peeps - Appetizer

Bella Bacon

Spiced Portabella Mushrooms



Ready in 20 minutes

Serves: 6-8

Ingredients

- 2 large portabella mushrooms, cut into quarter inch strips
- 2 Tbsp olive oil
- 2 Tbsp shoyu *may replace with amino acids or tamari sauce
- 1 Tbsp red wine vinegar
- 2 tsp granulated garlic
- 2 Tbsp brown sugar
- 1 tsp smoked paprika
- ¼ tsp kosher salt

Directions

- Preheat oven to 400 degrees
- Mix together the wet ingredients in a medium bowl
- Mix together the dry ingredients in a medium bowl
- Toss the mushrooms in the wet mixture
- Then toss the mushrooms in the dry mixture
- Bake 10-15 minutes on a foil lined baking sheet
- Serve hot

Tips

These mushrooms are hearty enough to be used in sandwiches or topped on a salad

Spiritual Message in this recipe

Try something new, be open to replacing well known routines or habits with something you haven't tried before. You may just find it is better for your mind, body and spirit.