

PORTABELLO MUSHROOMS

Basic Preparations Portobellos can be grilled, oven roasted or sautéed. **Basic Grilled Portobello** Brush mushrooms on both sides with olive oil and season with salt and pepper to taste. Grill for 5 to 6 minutes on each side until just cooked through.

Oven Roast Brush Portobellos with oil. Place on a baking sheet cap sides up. Roast in a pre-heated 425 degree oven for about 20 minutes.

Sauté In a skillet, cook sliced, chopped or whole mushrooms in a little oil or butter over medium-high heat, stirring or turning until tender, about 5 to 6 minutes. Other ingredients such as onions, peppers, and garlic, can be cooked along with the mushrooms. Season with your favorite herbs or spices. **Cooking Tip** The longer you cook the portobella the meatier (firmer textured) the mushroom gets.