

# Barbecue-Style Portobellos

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Portobello mushrooms make a delicious meal when simmered in a spicy sauce and served with quinoa, brown rice, or pasta.

## About the Recipe

**132 Calories · 4.7 g Protein · 3.9 g Fiber**  
**Dinner**

## Ingredients

***Makes 2 Servings***

- 2 large portobello mushrooms
- 1/2 c (120 mL) vegetable juice
- 1/4 c (60 mL) apple juice concentrate
- 1/2 c (120 mL) roasted red peppers
- 1 tbsp (15 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) seasoned rice vinegar
- 2 tsp (10 mL) chili powder
- 1/2 tsp (2.5 mL) garlic powder
- 1/4 tsp (1.2 mL) black pepper

## Directions

1. Clean mushrooms and remove stems. Cut into 1/2-inch (1.3-cm) strips.
2. Combine vegetable juice, apple juice concentrate, red peppers, soy sauce, vinegar, chili powder, garlic powder, and black pepper in a blender.
3. Process until smooth, then transfer mixture to a nonstick skillet and heat until bubbly.

4. Add mushroom strips, turning to coat evenly with sauce.
5. Cover and cook over medium-high heat, turning occasionally, until mushrooms are tender, about 10 minutes. Serve.

## **Nutrition Facts**

*Per serving (1/2 of recipe)*

**Calories:** 132

**Fat:** 1.2 g

**Saturated Fat:** 0.2 g

**Calories from Fat:** 8.4%

**Cholesterol:** 0 mg

**Protein:** 4.7 g

**Carbohydrates:** 28.9 g

**Sugar:** 19.9 g

**Fiber:** 3.9 g

**Sodium:** 589 mg

**Calcium:** 31 mg

**Iron:** 1.8 mg

**Vitamin C:** 97.9 mg

**Beta-Carotene:** 1,906 mcg

**Vitamin E:** 1.6 mg