



GARLIC PARMESAN MUSHROOMS

SERVES: 2 (approx. 1 cup each) Prep Time: 5 min. Cooking Time: 5 min.

CONTAINER EQUIVALENTS (per serving): 1 1

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| 2 tsp. | ghee (organic grass-fed, if possible) | 1. | Heat ghee in large skillet over high heat until skillet starts to smoke. Add mushrooms; cook for 2 minutes stirring frequently. |
| 4 cups | mushrooms, cut into ½-inch chunks | 2. | Add garlic, salt, pepper, and thyme; cook another 2 to 3 minutes, or until mushrooms are nicely browned and crisp around the edges. Remove from heat. |
| 1 tsp. | dried minced garlic | 3. | Place mushroom mixture in a medium mixing bowl and toss with cheese and a squeeze of lemon. Serve warm. |
| 1 dash | sea salt (or Himalayan salt) | | |
| 1 dash | ground black pepper | | |
| ½ tsp. | dried thyme (or 1 tsp. fresh) | | |
| 2 tsp. | grated Parmesan cheese | | |
| 1 | lemon wedge | | |

NUTRITIONAL INFORMATION (per serving): Calories: 82 Total Fat: 6 g Saturated Fat: 3.5 g Cholesterol: 15 mg Sodium: 189 mg Carbohydrates: 7 g Fiber: 1 g Sugars: 2.5 g Protein: 4.5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.