

Garlic and Balsamic Grilled Mushroom Skewers



Servings: 4

2 pounds mushrooms
2 tablespoons balsamic vinegar
1 tablespoon soy sauce
3 garlic cloves, chopped
1/2 teaspoon dried thyme
salt and pepper, to taste

To a Ziploc bag add mushrooms, balsamic vinegar, soy sauce, garlic, thyme, salt, and pepper.

Marinate the mushrooms in the balsamic vinegar mixture for 30 minutes.

Skewer the mushrooms and grill over medium-high heat until just tender about 2-3 minutes per side.

Serve

Per Serving (excluding unknown items): 63 Calories; 1g Fat (9.6% calories from fat); 8g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 232mg Sodium; 6g Total Sugars; trace Vitamin D; 17mg Calcium; 1mg Iron; 758mg Potassium; 207mg Phosphorus. Exchanges: .