

Deliciously umami, creamy and tangy balsamic glazed mushrooms recipe. Made with 3 simple ingredients: cremini mushrooms, balsamic and almond butter! A great topper for your favorite comforting plant-based dishes from risotto to baked potatoes and pasta.

INGREDIENTS:

- 16 oz cremini mushrooms 450 g
- 2 tbsp olive oil
- 1/8 tsp sea salt
- 1 tbsp almond butter
- 3 tbsp balsamic vinegar
- 1 tsp thyme



INSTRUCTIONS:

1. Slice cremini mushrooms and add to skillet on medium-low heat with olive oil and a pinch sea salt. Cook mushrooms, stirring occasionally for 10 minutes (letting the mushrooms sweat and release their natural waters).
2. Combine almond butter, balsamic and thyme in a small bowl. Whisk together. Turn skillet to medium-high heat and pour liquid mixture over mushrooms. Continue cooking mushrooms, stirring often until liquid is thickened and mushrooms are golden browned. (5-10 mins)

3. Serve mushrooms as a side dish, or top on avocado toast, risotto or baked potato.

Nutrition

Calories: 122kcal Carbohydrates: 8g Protein: 4g Fat: 9g Saturated Fat: 1g Sodium: 10mg Potassium: 547mg Fiber: 1g Sugar: 4g Vitamin A: 24IU Vitamin C: 1mg Calcium: 37mg Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.