

# SAUTÉED MUSHROOMS WITH BASIL AND BLUE CHEESE

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 5 Serving = 1/2 cup with 1/2 Tablespoon blue cheese)*

## Nutrition (per serving)

Calories: 90

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 61 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1 g

Protein: 4 g



## Ingredients

- ½ Tablespoon garlic, minced
- 2- 8 ounce containers sliced mushrooms (any kind)
- ½ Tablespoon extra-virgin olive oil
- 1/3 cup green onion, chopped
- 0.75 ounce container fresh basil, chopped (about ½ cup)
- ¼ cup slivered almonds
- 1 ½ teaspoons honey
- 1 Tablespoon balsamic vinegar
- 1/8 teaspoon ground black pepper
- Pinch each of salt, cayenne pepper, and ground nutmeg
- 2 ½ Tablespoons blue cheese, crumbled



**OSF**  
HEALTHCARE

## Directions

1. In a large skillet on medium-high heat, sauté garlic and mushrooms in olive oil for 1 minute.
2. Add green onion, basil, almonds, honey, balsamic and seasonings. Stir well, cover and let cook for 3-4 minutes or until mushrooms cook down and are brown.
3. Serve topped with blue cheese crumbles.