

Susan Samueli
Integrative Health Institute



From the Kitchen
of
Executive Chef
Jessica VanRoo

Quick Marinated Lemon Thyme Mushrooms

Serves 4

Ingredients

- 1 lb white or Bella mushrooms, cut large ones in half
- 1 Tablespoon fresh Italian parsley, chopped, fresh
- 2 teaspoons fresh thyme leaves
- 2 garlic cloves, minced
- · 1 red shallot, minced

- 3 Tablespoons olive oil
- 1 Tablespoon apple cider vinegar
- 1 Tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- Salt and pepper to taste

Instructions

- 1. Preheat your oven to 425 degrees. Line a baking sheet with parchment paper.
- 2. Season your mushrooms with salt and pepper—roast mushrooms for 8- 10 minutes. Remove from oven and set aside to cool while you prepare the marinate.
- 3. Combine the parsley with thyme leaves, garlic, shallot, oil, vinegar, lemon juice, and zest. Whisk well and season with salt and pepper.
- 4. Toss the mushroom with the oil mixture. Allow the mushrooms to marinade for at least 30 minutes; store refrigerated for up to 5 days.