

Mushroom Mix with Herbs, and onions

1 sweet Vidalia onion
3 green onions, or shallots
3 cloves garlic, minced or crushed
2 T. olive oil, or canola oil
1 ½ pounds mushrooms (try different kinds) about 8 cups sliced
¼ cup snipped fresh herbs, such as tarragon, rosemary, basil,
oregano, or parsley (which ever ones you'd like)
¼ tsp. salt
¼ tsp. pepper

In a large skillet, cook and stir onions, and garlic in hot oil for 2 minutes, then add mushrooms. Cook for 8 to 10 minutes or until mushrooms are tender, stirring occasionally. Stir in herbs and salt and pepper, cook 1 minute more and serve.

I like to add 1 T. lemon juice, and 2 tsp. beef boullion (dissolved in ¼ cup hot water), for a different flavor to the dish. Try them both!

Makes 6 to 8 servings

Per serving: 74 calories, 5 g carbs, 3 g. protein.