

Sauteed Mushrooms with Chia

Ingredients:

- 2 lbs. mushrooms of your choice, quartered
- (cremini, shitake, white)
- 1 tablespoon Smart Balance spread or butter
- 3 tablespoons olive oil
- 1 medium onion, thinly sliced
- 1 tablespoon minced garlic
- ½ cup Chia gel
- 1/3 cup broth, either chicken or vegetable
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey or agave syrup
- 1 tsp. dried or fresh basil
- 1 teaspoon parsley flakes
- 1 teaspoon Italian seasoning
- ½ teaspoon red pepper flakes (optional)
- ½ teaspoon salt



Preparation:

In a medium saucepan, heat the oil and Smart Balance spread; add onion and cook until soft, about 5 minutes. Add garlic and cook another 2 minutes. Add chia gel, broth, vinegar, honey, and seasonings, stir well to mix, then add mushrooms, and cook until mushrooms are tender, about 10 minutes.

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