

# Grilled Bruschetta Portobello Mushrooms

Grilled Bruschetta Portobello Mushrooms smothered in garlic butter are your new favourite way to eat a mushroom! Breakfast, Lunch OR dinner!



5 from 1 vote

Prep Time

10 mins

Cook Time

5 mins

Total Time

15 mins

Course: Appetizer Cuisine: Italian Servings: 6 serves Calories: 123kcal

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## Ingredients

- 2 cups grape or cherry tomatoes, halved
- 3 tablespoons red onion finely chopped
- 3 tablespoons fresh basil shredded, divided
- Salt and pepper to taste
- 4 tablespoons Garlic Butter
- 1 teaspoon dried oregano
- 6 large Portobello Mushrooms stem removed, washed and dried thoroughly with a paper towel

## Balsamic Glaze: (or you can use store bought, or this recipe)

- 1/4 cup balsamic vinegar
- 2 teaspoons brown sugar OPTIONAL

## Instructions

1. Preheat grill plates, a grill pan or a bbq on medium heat. Lightly grease grill plates with cooking oil.
2. Combine the tomatoes, red onion, 2 tablespoons of the fresh basil, salt and pepper together in a medium-sized bowl. Mix until well combined. Set aside.
3. Combine the Garlic Butter and oregano together in a small saucepan (or microwave safe bowl), and melt until garlic is fragrant. Brush the each mushroom with garlic butter on all sides.
4. Grill for 5 minutes, until just beginning to soften.
5. When mushrooms are done, top with the tomato/basil mixture, and drizzle with the balsamic glaze. Sprinkle with a little extra salt, to your tastes, and garnish with the remaining basil leaves to serve.

## For the Balsamic Glaze:

1. (If making from scratch, prepare while mushrooms are grilling.) Combine sugar (if using) and vinegar in a small saucepan over high heat and bring to the boil. Reduce heat to low; allow to simmer for 5-8 minutes or until mixture has thickened and reduced to a glaze. (If not using sugar, allow to reduce for 12-15 minutes on low heat.)

## For The Oven:

1. Preheat oven to grill/broil settings on high heat. Arrange oven shelf to the middle of your oven. Follow the directions above to prepare your mushrooms with the garlic butter. Place them, buttered side down, on a baking tray. Grill/broil until for about 8 minutes, until mushrooms begin to brown.

Once cooked, continue with directions above.

## Notes

\*To dry portobellos, make sure you use a dry sheet of paper towel per mushroom, and lightly press sheet into each mushroom to gently squeeze out the excess liquid. If this step is not done thoroughly, the portobellos will release a lot of liquid during cook time.

\*\*NUTRITION FACTS do not include the balsamic glaze.

## Nutrition

Calories: 123kcal | Carbohydrates: 10g | Protein: 2g | Fat: 7g | Saturated Fat: 4g | Cholesterol: 20mg | Sodium: 75mg | Potassium: 409mg | Fiber: 1g | Sugar: 7g | Vitamin A: 320IU | Vitamin C: 2.1mg | Calcium: 17mg | Iron: 0.6mg