



Serves 4

Preparation Time: 1 hours

Cook Time: 8 minutes

INGREDIENTS:

3 tablespoons low-sodium soy sauce

3 tablespoons brown rice syrup

3 cloves garlic, peeled and minced

1 tablespoon grated ginger

Freshly ground black pepper to taste

4 large portobello mushrooms, stemmed

Grilled Marinated Portobello Mushrooms

Meaty and full of umami-rich flavor, these grilled portobello mushrooms are as versatile as they are delicious. Tuck them into a bun with your favorite burger fixings for a hearty, plant-powered portobello mushroom sandwich, or serve them straight from the grill with a baked potato or grain and a crisp salad for a satisfying **steak-style supper**. Either way, this simple garlic- and ginger-infused soy sauce marinade brings out their savory depth!

*Find this recipe and more bbq ideas in the **Forks Over Knives Recipe App**.*

By Del Sroufe

- 1** Combine the soy sauce, brown rice syrup, garlic, ginger, and pepper in a small bowl and mix well.
- 2** Place the mushrooms stem side up on a baking dish. Pour the marinade over the mushrooms and let marinate for 1 hour.
- 3** Prepare the grill.
- 4** Pour the excess marinade off the mushrooms, reserving the liquid, and place the mushrooms on the grill. Grill each side for 4 minutes, brushing with the marinade every few minutes.

Variation: During the last few minutes of grilling, brush the mushrooms with barbecue sauce.