

Garlic Lemon Mushrooms (May 2006)

Serves 4 | Prep time: 4 minutes | Cook time: 15 minutes

2 tablespoons olive oil
3 cloves crushed garlic
3 cups Portobello mushrooms, chopped
3 cups crimini mushrooms, chopped
¼ cup white wine
4 tablespoons lemon juice
1 teaspoon sea salt
2 teaspoons ghee

1. Pre-heat skillet to medium heat. Add olive oil and garlic.
2. Sauté for 30 seconds and add mushrooms.
3. Add white wine, lemon juice and sea salt.
4. Stirring often, let simmer until most of liquid has evaporated – about 10 minutes.
5. Add ghee and let cook 1-2 minutes longer. Remove from heat and serve.