Mushroom “Chips” and Dip

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Serves: about 4
Average cost per serving: $1.20

12 large white button or crimini mushrooms
1/2 cup prepared pesto
1/2 cup light sour cream
Squeeze of lemon, season to taste

Mix pesto with sour cream, and set aside.

Heat grill to medium, about 365º. Cut each mushroom in half. Grill mushrooms 5 minutes with lid closed, turn and grill another 4-5 minutes, until cooked through and starting to brown. Skewer 2-3 mushrooms and remove from grill. Serve skewered mushrooms with pesto dip.

Hint: Prepared pesto can be found in the grocery store near the pasta and spaghetti sauce.

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 200	Calories from Fat 160
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 260mg	**11%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 7g	

Vitamin A 8% • Vitamin C 4%
Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4