

Baked Potatoes with Mushrooms

Ingredients:

- 4 russet potatoes
- 1 yellow onion
- 1 tbsp. canola oil
- 8 oz. shiitake mushrooms
- ¼ tsp. thyme
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 2 tbsp. balsamic vinegar



Nutrition Facts

Serving Size 1 potato (234g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 6g

Vitamin A 0% • Vitamin C 50%

Calcium 2% • Iron 8%

*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



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Preheat the oven to 400°F.
2. Place the potatoes on a baking sheet and bake for 1 hour, or pierce several times with a fork and microwave on high for 15 minutes. When done, they will be easily pierced with a knife.
3. In a large nonstick skillet over medium heat, cook the onion in the oil for 3 minutes. Add the mushrooms, thyme, salt, and pepper. Cook for 5 minutes.
4. Stir in the vinegar and cook for 1 minute, or until the liquid evaporates.
5. Split the baked potatoes. Top with mushroom sauce.