

Grilled Garlic Mushroom with Hummus

Ingredients:

- 1/8 cup extra virgin olive oil
- 2 garlic cloves, minced
- 1/8 tsp. salt
- 1/4 tsp. pepper
- 8 medium portabella or other flat mushrooms
- 1/2 cup baby spinach leaves
- 1 tsp. chopped chives
- 1/4 cup hummus (see recipe)



Nutrition Facts

Serving Size 2 mushrooms (207g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 3g	

Protein 6g

Vitamin A 2% • Vitamin C 6%

Calcium 4% • 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



Directions:

1. Preheat grill to high heat. Combine oil, garlic and salt and pepper in a small bowl.
2. Place mushrooms stem-side down on a grill tray. Brush mushrooms with garlic oil to coat.
3. Grill for 2 minutes. Turn mushrooms and brush with oil. Grill for another 2-3 minutes or just until tender.
4. Place spinach and grilled mushrooms on serving plates. Spoon a 1/4 cup of hummus on each mushroom.
5. Sprinkle with chives, season with pepper and serve.