

Balsamic Sautéed Mushrooms (Easy Salad Topping)



4 Servings

15 minutes

INGREDIENTS

- 1 lb baby bella mushrooms, cleaned and sliced
- 1½ tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- Optional: fresh parsley, for garnish

DIRECTIONS

- 1.Prepare mushrooms: Gently wipe mushrooms clean with a damp paper towel and slice evenly.
- 2.Sauté: Heat olive oil in a large skillet over medium-high heat. Add mushrooms in an even layer and cook undisturbed for 4-5 minutes to allow browning.
- 3.Add garlic: Stir and cook another 4-5 minutes as mushrooms release moisture and caramelize. Add garlic and cook 30 seconds until fragrant.
- 4.Finish: Reduce heat to medium. Add balsamic vinegar, salt, and black pepper. Stir and cook 1-2 minutes until glossy and deeply flavored. Remove from heat.

Storage

Store in an airtight container in the refrigerator for up to 4 days. Enjoy warm or cold.

Nutrition per serving (approximate): Calories: 85 Protein: 2g Fat: 7g Carbohydrates: 5g