

WILD MUSHROOMS IN MADEIRA SAUCE

Sodium Per Serving – 6mg

Serves 4

Wild mushrooms are much more flavorful than button mushrooms. Any combination of cultivated and wild mushrooms works well in this dish.

1 tablespoon olive oil	1 teaspoon (or 1 envelope) low-salt chicken bouillon granules
1 tablespoon unsalted margarine or butter¹	¼ cup Madeira³
2 green onions, chopped (white and green parts)	½ teaspoon dried thyme
1 garlic clove, minced	¼ teaspoon garlic powder
5 ounces sliced wild or cultivated mushrooms, such as shiitake, portobello, oyster, or crimini (about 2 cups)²	⅛ teaspoon ground black pepper

- ▶ Heat oil and margarine in a skillet over medium heat; add onions and garlic, cook, stirring frequently, until onions soften, 1 to 2 minutes. Add mushrooms; cook, stirring frequently, until mushrooms soften, 4 to 5 minutes.
- ▶ Stir in bouillon, Madeira, thyme, garlic powder and pepper; simmer, uncovered, until liquid is nearly gone, about 5 minutes.

NUTRITIONAL INFO PER SERVING: Calories 86, Fat 6g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 1g, Sugar 2g), Sodium 6mg

VARIATION

WILD MUSHROOM AND WALNUT SAUTE

Add ½ teaspoon dried sage or rosemary (or 1 tablespoon fresh) to the mushrooms; proceed as directed. Top with chopped walnuts before serving.

NUTRITIONAL INFO PER SERVING: Calories 135, Fat 10g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 6g (Fiber 1g, Sugar 2g), Sodium 6mg

COMMENTS:

1 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 28mg.

2 For additional information on choosing and preparing mushrooms, see FOOD NOTE, page 44.

3 Red wine may be used instead, but I think the creamy flavor of Madeira is far superior in this dish.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 2 green onions - 8mg
- 1 garlic clove - 1mg
- 2 c mushrooms - 6mg
- 1 t LS chicken bouillon - 5mg
- ¼ c Madeira - 5mg

Fat (Sat Fat):

- 1 T olive oil - 14mg (2mg)
- 1 T NSA margarine - 8mg (2mg) or NSA butter - 12mg (8mg)