

Wild Mushrooms in Madeira Sauce

Sodium Per Serving – 6mg

Serves 4

1 tbsp olive oil	1 tsp (or 1 envelope) LS chicken bouillon granules
1 tbsp unsalted margarine or butter	1/4 cup Madeira*
2 green onions, chopped (white and green parts)	1/2 tsp dried thyme
1 garlic clove, minced	1/4 tsp garlic powder
5 oz sliced wild or cultivated mushrooms (about 2 cups)*	1/8 tsp ground black pepper

1. 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.
2. 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 1/2 tsp dried sage or rosemary (or 1 tbsp 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

***Recipe Notes**

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