

MUSHROOMS PORTOBELLO

INGREDIENTS:

- 4 large mature Portobello/Swiss mushrooms**
- 1 Tbsp of unsalted butter or ghee**
- 1 clove of garlic; or 4 shakes of garlic powder**
- 1 tsp of Italian Herbs** (fresh or dried - marjoram, rosemary, onion, thyme, basil, oregano, garlic)
- ¼ cup of pure revitalized or spring water water**

DIRECTIONS:

Wash the mushrooms well and cleanse the tops with a natural bristle brush. Trim the lose edges and stems and slice smaller pieces of the mushrooms into a small fry pan.

Chop and add the clove of garlic or garlic powder with the butter or ghee, water, and herbs. Sauté on medium heat for 3 to 5 minutes. Stir while cooking and add more water as needed to prevent sticking or burning.

ENJOY with steak, chicken, hen, or pasta.

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

The Portobello/Swiss mushroom is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*- food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.