

GRILLED PORTOBELLO MUSHROOM WITH VEGETABLE COUSCOUS

Mushrooms get better with age, but don't let that stop you from using them for this recipe. Pair your mushrooms with the vegetable couscous and drizzle the marinade on top!

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Featured Food: Portobello Mushrooms

Yield: Serves 4

Ingredients

4 each Portobello mushrooms	1 c. eggplant, peeled, small dice
$\frac{3}{4}$ c. couscous	Marinade:
1 c. vegetable or chicken broth	$\frac{1}{4}$ c. lite soy sauce
Salt and pepper to taste	$\frac{1}{4}$ c. canola oil
2 T. canola oil	$\frac{1}{4}$ c. + 2 T. burgundy wine
1 t. minced garlic	1 t. minced garlic
1 c. onions, diced	$\frac{1}{4}$ c. Dijon mustard
$\frac{3}{4}$ c. carrots, diced	
$\frac{3}{4}$ c. zucchini, sliced	

Preparation

Wash mushrooms and remove gills.

Whisk marinade ingredients together. Pour over mushrooms and marinate one hour. Drain, reserving marinade.

Cook couscous in broth, following directions on box. Add salt and pepper to taste.

Wash and cut vegetables. Heat oil in skillet; add garlic, then onions and carrots. Sauté two to three minutes. Add zucchini and eggplant, continuing to cook until vegetables are tender crisp.

Add couscous to vegetables and mix together. Heat reserved marinade.

Grill mushrooms on both sides, brushing with marinade as they cook. Slice mushrooms on a cutting board, or leave whole.

Serve with vegetable couscous.