

Marinated Mushrooms

These make a lovely appetizer or serve on top of salad greens, sliced beets and tomatoes (as pictured).

Serves 6 as an appetizer or 4 on a salad.

Ingredients:

3 1/2 C mixed mushrooms (portobello, button, etc.), sliced thick
1/3 C apple-cider vinegar
1/4 C cold-pressed extra virgin olive oil
1/4 C dark agave nectar
2 T Liquid Aminos or Nama Shoyu
2 T Herbamere salts/seasonings
3 T Herbs of Provence*



Preparation:

With the exception of the mushrooms, toss all ingredients in blender and process for about 10 seconds. Place the marinade, along with mushrooms, in a large plastic container or zipped bag and seal well. Toss around until well coated. Place in the refrigerator and let sit overnight or for at least 8 hours, tossing to coat from time to time. Strain the mushrooms out prior to serving, but reserve the marinade to use as a salad dressing.

This recipe is from The Raw Table

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