

Wild Mushrooms Sauté – Vegan – SOS

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Serving Size: 6
Calories per serving: 34
Fat per serving: 0.5 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-139.

Ingredients

- 8 cups sliced crimini mushrooms or any other edible mushrooms
- 2 red or green bell peppers, diced
- 1 bunch spinach, well washed, stems removed, and chopped

Instructions

1. In a sauté pan, steam-fry the mushrooms and peppers in 2 tablespoons of water for 5 minutes. (This will be enough water as the mushrooms will release a lot of their own liquid.)
2. Add the spinach and continue stirring for 5 more minutes until the spinach is bright green and just tender.

Notes

Nutrition facts (per serving): Calories: 34, from fat: 3, total fat: 0.5g, cholesterol: 0mg, sodium: 19mg, total carbohydrate: 15g, fiber: 2.1g, sugar: 0g, protein: 2.7g.