



# Marsala Mushrooms

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Makes 5 servings  
Serving size: 30 g  
Protein per serving: 1.1 g  
Calories per serving: 254

## Ingredients:

- 2 TBSP Olive Oil
- 30 g Diced Onions
- 1 clove(s) Garlic, fresh cloves, chopped, Minced
- 1 c Marsala Wine
- 195 g Mini portabella mushrooms, sliced
- 6 TBSP Butter, regular or unsalted, cut into one inch pieces
- 1 TBSP Chopped Fresh Rosemary

## Instructions:

1. In a medium sauce pan heat the olive oil over medium heat. Add the onion and sauté for one minute, or until it begins to look translucent. Add the minced garlic and sauté another minute while stirring constantly.
2. Now add the mushrooms and sauté until lightly browned. Add the marsala wine and cook until liquid is reduced by a third. Remove pan from heat and swirl in the butter until melted and well combined. Add the rosemary and stir together.