

Baked Parmesan Mushrooms

A low-carb & low-calorie side that's sure to please!

Ingredients

2 pounds baby bella mushrooms, cleaned and sliced
3 Tlbs olive oil
Juice from ½ lemon
Zest from 1 lemon
3 cloves garlic, minced
2 tsp tarragon
½ tsp thyme
½ cup grated Parmesan cheese
Salt & pepper to taste



Directions

1. Preheat oven to 375 degrees and spray baking sheet with cooking spray.
2. Scatter mushrooms in single layer on baking sheet.
3. Combine remaining ingredients and drizzle over mushrooms.
4. Bake for 15 minutes, stirring once.
5. Serve with your favorite protein!

Makes 4 servings

Nutrition Facts:

Calories 140
Total Fat 12g
Effective Carbohydrates 6g
Protein 11g