

Champignons a La Grecque

| | | | | |
|-----|-----------------|-----|-----|--------------|
| 1 | small onion | 1/2 | tsp | basil |
| 1 | clove minced | 1/4 | tsp | tarragon |
| | garlic (or 1 | 1/4 | tsp | rosemary |
| | teaspoon | 1/4 | tsp | marjoram |
| | minced) | 3 | Tbs | tomato paste |
| 3 | Tbs vinegar | 40 | oz | canned |
| 3 | Tbs lemon juice | | | mushrooms |
| 1/4 | cup applesauce | 8 | oz | tomato sauce |
| 1/2 | cup white wine | 1 | Tbs | Splenda |
| | (optional) | | | |
| 1 | tsp dry mustard | | | |
| | powder | | | |
| 1 | tsp thyme | | | |



Save 24 calories per serving by omitting wine.

Procedure

- 1 Mince onion and garlic. Combine all ingredients except mushrooms and let cook 15-30 or so minutes to let some of the wine evaporate.
- 2 Add the mushrooms and let simmer on low for another 15 minutes or let sit overnight so mushrooms absorb flavor. Serve warm or cold.

Servings: 6

Yield: 8 oz per serving

Nutrition Facts

Nutrition (per serving): 81 calories, 6 calories from fat, <1g total fat, 0mg cholesterol, 1065.7mg sodium, 492.2mg potassium, 17.2g carbohydrates, 5.9g fiber, 9.4g sugar, 4.7g protein.

Recipe Tips

Can use 1c catsup in lieu of tomato sauce and splenda but that adds a lot of sugar. "Authentic" recipes use button mushrooms. Can add a dash of liquid smoke.