

# 15-Minute Rich & Smoky Grilled Mushrooms

This simple Grilled Mushrooms recipe gives meaty, umami mushrooms a beautiful smoky char using only 3 ingredients. Perfect for prepping everything from whole grilled portobello mushrooms to skewered cremini mushrooms. Serve them with fresh herbs & balsamic or use grilled mushrooms for meatless tacos, burgers, & pasta.

## Ingredients:

16 oz mushrooms of choice

Avocado oil, or other neutral, high smoke point oil of choice

kosher salt and ground black pepper, to season

## Directions:

Preheat the grill: Prep your grill for medium-high direct heat grilling. My ideal grill temperature for mushrooms is about 450-500 degrees F.

Prep the mushrooms: For small mushrooms (such as cremini or button), slice in half lengthwise, then string on skewers. For large mushrooms, like portobello mushroom caps, skewers are not necessary. Place the mushrooms on a small baking sheet or large plate. Use a pastry brush to coat the mushrooms with oil (mushrooms are super absorptive, so avoid pouring oil directly on them).

Season with kosher salt and ground black pepper, and any other fresh hardy herbs or spice blends as desired.

Grill the mushrooms: Place the mushrooms on the grill grates. For grilled mushroom skewers, position the skewers such that they are perpendicular to the grill grates (which makes the skewers easier to handle on the grill). Grill 3-4 minutes per side until tender and charred as desired.

