

Grilled Portobello Mushrooms with Arugula Butter

Author: Adapted from *The Barbecue! Bible* by Steven Raichlen



1/2 bunch arugula leaves, chopped
1 small clove garlic, chopped
4 tablespoons unsalted butter
Salt and freshly ground black pepper to taste
A few drops of lemon juice
4 large Portobello mushroom caps
3 tablespoons Parmigiano-Reggiano cheese, grated

Serving Ideas: Since you already have a bag or bunch of arugula, do make a vinaigrette-dressed arugula salad with the remainder of the arugula.

*Per Serving (excluding unknown items): 151 Calories; 13g Fat (73.8% calories from fat); 4g Protein; 6g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 77mg Sodium.
 Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.*

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Notes: Depending on the size of the mushrooms, this can be an entree or a side dish.

1. Preheat grill to high.
2. Combine in a food processor the arugula and garlic. Puree, then add the butter, salt, pepper and lemon juice. Taste it and correct the seasoning if needed.
3. Prepare the mushroom caps - remove the stems (gently twist or push to the side and remove), then use a teaspoon to scrape out the gills and discard. Rub the mounded mushroom cap with a little bit of olive oil, if desired.
4. Spread the arugula butter inside the mushroom caps all the way out to the edges. Sprinkle top with Parmigiano cheese.
5. Preheat a grill basket for 5 minutes. Remove (carefully, it's hot), rub the basket with an oil-soaked paper towel, then carefully place the mushroom caps in the basket.
6. Bank the coals on one side, or turn off one of the burners so the mushrooms will cook with indirect heat. Grill for 20 minutes (still on high heat), approximately. Thinner mushrooms may be done in 15 minutes, but a regular, thick Portobello will take the full 20 minutes. Very carefully remove from the grill so the butter doesn't escape and serve. Allow to cool for 3-4 minutes before eating as the butter is very, very hot.