

Button mushroom & bacon skewers



Button mushroom & bacon skewers

Preparation: about 20 minutes
Cooking: about 5 minutes
Makes: 8

Serve these skewers as a side dish with barbecued meat, chicken or fish.

300g button mushrooms
250g rindless bacon, cut into 4cm pieces
¼ cup teriyaki sauce
2 tbs sweet chilli sauce

1. Soak 8 x 18cm bamboo skewers in cold water for 10 minutes. Thread mushrooms and bacon alternatively onto skewers. Place in a shallow dish.
2. Combine teriyaki and sweet chilli sauce in a bowl. Drizzle mixture over mushroom skewers. Set aside for 10 minutes, turning occasionally.
3. Preheat a greased barbecue plate or non-stick frying pan over medium heat. Cook skewers, turning often, for 4-5 minutes. Transfer to a plate. Allow to cool for 5 minutes and serve.



Mushrooms and health benefits to kids

- Low in kilojoules and so help balance other foods with higher kilojoule levels.
- A good source of several B complex vitamins which help the body use energy
- Provide potassium which helps balance salty foods.



For fresh fruit and vegetable recipes visit
www.freshforkids.com.au

