



Makes 16 kabobs + 2 cups salsa
Preparation Time: 45 minutes
Cook Time: 30 minutes

INGREDIENTS:

48 1½- to 2-inch diameter fresh mushrooms, such as baby bella, wiped clean and halved (about 2 lb.)

¼ cup balsamic vinegar

2 tablespoons salt-free or low-sodium jerk seasoning blend

¼ teaspoon sea salt

1 ripe mango, peeled, pitted, and finely chopped (about 1½ cups)

¼ cup finely chopped red and/or green bell pepper

3 tablespoons chopped fresh cilantro

2 tablespoons finely chopped red onion

¼ teaspoon finely chopped fresh Scotch bonnet or habanero chile (see tip)

3 tablespoons fresh lime juice

3 tablespoons fresh orange juice

½ of a fresh jalapeño chile, thinly sliced (see tip)

Spicy Jerk Mushroom Kabobs with Mango Salsa

Jamaica-born Chef Troy Levy serves up a taste of the healthy plant-based Rastafarian cuisine known as ital with these scrumptious jerk-seasoned mushroom kabobs. A fresh and colorful mango salsa adds a divine juicy element to the meal, with Scotch bonnet chile (or habanero) adding intense spicy flavor; if you prefer less heat, use it sparingly, remove the seeds first, or leave it out altogether. The combination of sweet mango salsa with char-grilled umami-rich mushrooms is a match made in grilling heaven! Serve these spicy [tropical kabobs](#) as an appetizer at your next cookout, or alongside your favorite [veggie burger](#).

Tips: Wearing gloves is advised when cooking with super-hot chiles like Scotch bonnet chile or habaneros, as they contain oils that can irritate your skin and eyes.

Use flat skewers, if you can, to keep the mushrooms from moving around and falling apart.

For more inspiration, check out these tasty ideas:

- [Jerk Grain Bowls with Air-Fried Plantain Chips](#)
- [Jerk Black Bean Soup with Mango Salsa](#)
- [Jerk-Seasoned Veggies with Yuca](#)
- [Jamaican Green Pea and Spinach Stew](#)

By Chef Troy Levy

- 1 Place mushrooms in a large resealable plastic bag set in a shallow dish. For marinade, in a small bowl stir together vinegar, jerk seasoning, salt, and 2 tablespoons water. Pour marinade over mushrooms. Seal bag and turn to coat mushrooms. Chill 30 minutes.
- 2 Meanwhile, for mango salsa, in a bowl combine the next five ingredients (through Scotch bonnet). Add lime juice and orange juice. Toss to coat.
- 3 Thread about six mushroom halves onto a 10-inch skewer, inserting skewer into the base of each cap, parallel to the stem, to prevent splitting. Repeat with remaining mushrooms. Reserve marinade.
- 4 Grill kabob over medium-high 10 minutes or until just tender and slightly charred, turning halfway through and basting with reserved marinade. Serve kabob over mango salsa. Top with sliced jalapeño.