

SAUTEED WILD MUSHROOMS

INGREDIENTS

2 Tbsp/ 30 ml best-quality olive oil

¾ lb/ 340 g wild or commercially available mushrooms: morels, oyster mushrooms, chanterelles, enokitake, shiitake, honey, button, portobello mushrooms

¼ cup/ 60 ml sliced green onions

Sea salt and fresh ground black pepper

PREPARATION

1. Clean mushrooms with a damp cloth, mushroom brush or paper towel. It is best not to immerse mushrooms in water as they absorb water and quickly become mushy. If your mushrooms are large, slice them so all mushroom pieces are roughly uniform.
2. Place olive oil in a large skillet and heat over medium high heat. Add mushrooms and green onions and sauté for a few minutes until just tender. Toss with sea salt and pepper and serve immediately.

NUTRITIONAL VALUE PER SERVING 4 servings

Calories: 81/Calories from fat: 65/Protein: 2g/Carbs: 3g/Dietary Fiber: 0.75g/Sugars: 1g/Fat: 7g/Sodium: 4mg