Louisiana Harvest of the Month

Roasted Oyster Mushrooms

Home Recipe

Serves: 2
Prep Time: 5 minutes
Cook Time: 25 Minutes

Ingredients

- ½ pound oyster mushrooms (230 grams)
- Salt
- Pepper
- Oil spray

Oven Cooking Instructions

1) Preheat your oven to 450°F
2) While the oven preheats, prepare the mushrooms. Separate the mushrooms. Use a knife to cut off and discard any dirty or tough parts on the stem end. If any of the mushrooms are much larger than bite-size, cut or tear them in half along the stem.
3) Prepare a baking sheet lined with aluminum foil or parchment. Spray or brush a light coat of oil onto the surface.
4) Place the mushrooms onto the tray. Drizzle with oil and toss or spray a light coat of oil onto them and season with salt and pepper.
5) When the oven is heated, place the baking sheet of mushrooms in the oven. Bake until the bottom side of the mushrooms is blistered and golden brown, about 12 minutes.
6) Remove the baking sheet from the oven. Flip the mushrooms and return the sheet to the oven until the other side is golden, 8-10 minutes.
7) Serve immediately.

Nutrients Per ½ Cup Serving

Calories	80
Total Fat	5 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	310 mg
Carbohydrates	7 g
Dietary Fiber	3 g
Protein	4 g
Calcium	4 mg
Iron	2 mg
Potassium	476 mg
Vitamin D	1 mcg

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louisianafarmtoschool@agcenter.lsu.edu
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