



Dinner | PEAK SEASON: FALL

Mushroom “Steak” bites

Recipe by: Kiandra Call

Meaty, savory mushroom bites sautéed until crispy on the edges. Perfect as a meat substitute or a side dish. Pairs well with rice or as a taco filling.

Nutritional Info

Per serving- ¼ of recipe

Calories: 78

Carbs: 8g

Fiber: 2g

Protein: 5g

Fat: 3g

Sodium: 185mg

Ingredients

- 1 pound of Black Pearl Oyster Mushrooms, torn into chunks
- 1 tbsp olive or avocado oil
- 1 small onion, thinly sliced
- 3 garlic cloves, minced
- 1 tsp smoked paprika (regular paprika is fine)
- 1 tsp soy sauce or coconut aminos
- salt and pepper to taste
- 2 tbsp of fresh parsley or cilantro, chopped
- Optional: squeeze of lemon (only at the end of cooking)

Instructions

1. Heat oil in a skillet on medium-high
2. Add mushrooms in a single layer and let them brown without stirring for 3-4 minutes
3. add sliced onions and cook for another 3-4 minutes
4. add garlic, paprika, soy sauce and salt and pepper
5. cook until edges are crispy and mushrooms are deeply brown.
6. Remove from heat and finish with herbs and lemon.

Additional Info

- Do not over cook the mushrooms or they can get a rubbery texture.
- Mushrooms have immune boosting properties and are high in fiber.
- Mushrooms have an umami or savory flavor that can mimic meat making it a great swap or substitute for someone looking to eat less red meat.

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