



Lunch or Dinner | **PEAK SEASON:** Summer

Blue Oyster Mushroom BBQ Sandwiches

Recipe by: Chad Cherry

Oyster mushrooms have a hearty texture that makes them a tasty addition to sandwiches. Combined with onions and homemade BBQ sauce, they make a savory filling packed with flavor!

Nutritional Info

Calories: 205

Carbs: 37g

Fiber: 5g

Protein: 7g

Sugars: 9g

Fat: 5g

Sodium: 430mg

Ingredients

- 8 ounces of blue oyster mushrooms, finely chopped or shredded
- 1 medium onion, diced
- 1 tbsp olive oil
- ½ cup of homemade BBQ sauce
- 4 whole wheat hamburger buns

Optional Toppings:

- Shredded cabbage
- Pickles
- Sliced Tomatoes

Instructions

1. Wash and prepare all your ingredients and have your mise en place ready. (Mise en place is a cooking term for things in place)
2. Heat olive oil in a skillet over medium heat
3. Add onions and cook 4-5 minutes until softened
4. Add mushrooms and cook for 7-9 minutes until the moisture evaporates and the mushrooms begin to brown at the edges.
5. Stir in BBQ sauce and cook for 2-3 minutes more
6. Spoon mixture onto buns and serve with desired toppings.

Additional Info

- Mushrooms are one of the few foods that naturally contain vitamin D when exposed to sunlight or UV light. Pro-tip, place mushrooms in a sunny window for 5-10 minutes before preparing.
- Mushrooms naturally have an umami flavor which makes them a great meat substitute without sacrificing flavor!
- Allow mushrooms to cook until most of their moisture evaporates before adding the BBQ sauce. This helps develop a deeper flavor and a heartier texture.

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