

Mushrooms-Cooked Oyster Mushrooms

Show: Mar 27th

Ingredients:About 1 cup

2 cups Oyster Mushrooms
2 tsp Canola Oil
1/4 tsp Salt
1 Tbls Parsley, Italian, chopped
1 clove Garlic, minced
a few grinds of white pepper

Procedure:

Shred the oyster mushrooms, following the gills while pulling apart. Heat in a dry skillet until they begin to brown. Add 2 tsp canola oil, 1/4 tsp salt and 1 Tbls chopped Italian parsley, 1 clove minced garlic and 1 couple of grinds of white pepper. Cook until lightly browned.

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