

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

Air Fryer Cooking Instructions

- 1) Preheat air fryer to 360°F for 8 minutes.
- 2) Prepare the mushrooms as described above while the air fryer preheats.
- 3) When the air fryer has finished preheating, remove the basket, and spray a light coat of oil onto the grate surface of the basket. Place as many mushrooms as will fit in a single layer.
- 4) Spray or drizzle a light coat of oil onto the mushrooms and season them with salt and pepper.
- 5) Return the basket to the air fryer and cook at 360°F for a total of 10 minutes, flipping halfway. Cook until the mushrooms are nicely browned.
- 6) Serve immediately

Note

- A delicious addition is a lyonnaise-cut red oniond.

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



For More Information
louisianafarmtoschool@agcenter.lsu.edu
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THE LOUISIANA FARM TO SCHOOL PROGRAM

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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.

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