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 onion.

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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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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