



Simple Sauteed Mushroom 'n Onions

Add these to your favorite sandwich, pizza, or entrée

1-1/2 to 2 Tablespoons avocado or olive oil

1 large onion, peeled, sliced

Sea salt; ground black pepper or to taste

8 ounces shiitake or maitake, cleaned, stems removed, sliced

2 medium cloves garlic, peeled, minced (or use 1/4 teaspoon garlic powder)

1/4 cup reduced sodium or chicken broth

Chopped fresh cilantro or parsley as desired

- In a skillet, heat oil over medium heat.
- Add onions; season lightly with salt and pepper as desired. sauté onions until softened.
- Add mushrooms; season lightly with salt and black pepper; cook until softened and light golden brown, about 4 to 5 minutes.
- Stir in garlic and broth; cook until tender, about 1 to 2 minutes.

- Remove from heat. Garnish with cilantro; serve as desired with sandwiches, pizza, or an entrée.

Cook's Note: You can substitute the types of mushrooms used. Shiitake mushrooms need to have the stems removed. Wild mushrooms have a delightful flavor. We like to add mushrooms 'n onions and bell peppers to our purchased frozen cheese pizza and bake according to the package directions.



Recipe Inspired by: Mushroom Council

About the Recipe: The combination of mushrooms and onions pair together deliciously. They take only about 15 minutes to prepare and can be used with any main dish, sandwich, or snack. The bonus is that they are tasty and rich in antioxidants.