

Breakfast, Lunch, & Dinner with Mushrooms

Breakfast: Mushroom Omelet

- Saute golden oyster mushrooms with butter, rosemary, & garlic
- Make a cheese omelet with the mushrooms

Lunch: Pulled Mushroom Sandwiches

8 oz lion's mane mushrooms
2 tbsp ghee or butter
½ tbsp soy sauce
Salt to taste

Cut off bottom of mushrooms and slice into ½-inch pieces. Cook the mushrooms in a single layer in a dry skillet for about 2 min per side. Do multiple batches if necessary. Add butter to the skillet and cook for an additional 2 minutes per side until golden brown on each side. Stir in soy sauce. Serve as desired

For this recipe, shred desired amount of mushrooms and warm with BBQ sauce of your choice. Serve on buns.

Dinner: Mushroom Stuffed Butternut Squash

Roasted Squash

1 medium butternut squash washed, halved, and seeded
1 tbsp olive oil
Salt, pepper, smoked paprika to taste

Filling

| | |
|--|-------------------------|
| 2 cups mushrooms, sliced (blue oyster) | ¾ cup Craisins |
| 1 tbsp olive oil | 2 handfuls baby spinach |
| ½ cup sweet onion, diced | ½ cup pecans, chopped |
| 1 clove garlic, minced | ½ cup mozzarella cheese |
| 1 tsp Italian seasoning | |

Season cut side of squash with the olive oil, salt, pepper, and smoked paprika. Roast in a 400°F oven cut side down for 30-40 minutes until done. Cool slightly and spoon out flesh leaving about 1" border all around.

Prepare filling while squash cools slightly. In a skillet heat olive oil and sauté mushrooms, garlic and onions with Italian seasoning. Add spinach and Craisins and stir until spinach is wilted. Fill squash cavity, top with cheese and pecans and return to oven until cheese is melted.



Recipe courtesy of RoseRed Homestead