**Sautéed Shiitake Mushrooms**

2 T olive oil

3 cloves garlic

6 oz. fresh shiitake mushrooms, sliced

Heat olive oil in a large nonstick skillet over low heat. Add garlic and cook, stirring until fragrant, but not browned for about one minute. Add mushrooms and increase heat to medium high and cook for 4-5 minutes, stirring occasionally, until tender and lightly browned.

**Orzo Pasta with Shiitake Mushrooms and Basil**

Recipe by: Eating Well Test Kitchen

2 T extra virgin olive oil ¼ t salt, to taste

3 cloves garlic, minced freshly ground pepper, to taste

2 ounces shiitake mushrooms, (Stemmed and sliced 1 ½ c)

2 t freshly grated lemon zest ½ c chopped fresh basil, divided

2 T lemon juice 8 oz. orzo pasta

½ c freshly grated Parmesan cheese, (1 oz.)

Bring a large pot of lightly salted water to a boil for cooking pasta. Heat oil in a large skillet over low heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute. Add mushrooms and increase heat to medium high; cook, stirring occasionally, until tender and lightly browned, 4-5 minutes. Stir in lemon zest, lemon juice, salt and pepper. Remove from the heat. Meanwhile, cook pasta, stirring occasionally, until just tender, 9-11 minutes or according to package directions. Drain, reserving ½ c cooking liquid. Add the pasta, the reserved cooking liquid, Parmesan and ¼ c basil to the mushrooms in the skillet; toss to coat well. Serve immediately, garnish with remaining basil. (Yield: 2-4 people)

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**Shiitake Mushroom Fun Facts**

Shiitake mushrooms are also called Chinese Black or Forest mushrooms.

They are 90% water, 7% carbohydrate, 2% protein, and about 1% fat.

They grow on deciduous trees such as chestnut, oak, and maple.

The name “Shiitake” is derived from the Asian description for a mushroom grown on “shii” logs (trees in the beech family).

Shiitake have a smoky flavor and are best cooked by baking, sautéing, or broiling. Two forms of shiitake are fresh and dried. 3oz dried = 1 lb fresh.

*To reconstitute:* Pour hot water on top of dried mushrooms and let sit for 15-20 minutes. Shiitake will take on the original shape.

*To buy or eat:* Look for nice plump edges that curl over. Avoid broken edges or squishy texture.

*To Clean:* Wipe with a damp paper towel or mushroom brush.

*To Store:* Keep in a paper bag or plastic bag with holes in your vegetable drawer for 5-7 days.

*To Cook with:* almonds, butter, chives, fish, garlic, onions, potatoes and more. ☺

Peak seasons: Spring & Fall

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