

10-Minute Sauteed Lion's Mane Mushroom

Serving Size: ½ Cup | Servings per Recipe: 2 | Healthy

10
MIN

INGREDIENTS

- 8 ounces lion's mane mushrooms
- 1-2 tablespoons butter or oil
- 1/2 tablespoon soy sauce
- Salt to taste

DIRECTIONS

- Cut off the bottoms of the mushrooms, then slice them into 1/4-1/2 inch pieces.
- In a skillet over medium-high heat, saute the mushrooms for a couple of minutes on each side.
- Add the butter or oil and cook until browned - this takes about 3 minutes. Flip and cook the mushrooms for another 3 minutes or until golden brown on each side.
- Add soy sauce and salt, and enjoy!

These fuzzy mushrooms have many health benefits and may help brain health and immune function!



Calories per serving: 78 kcal | 6 g total fat | 4 g total carbohydrates | 302 mg sodium | 4 g protein