



Catholic Health Initiatives

Imagine better health.®

Ginger Soy Roasted Mushrooms

Serves 6

Prep/cooking time: 30 minutes

Ingredients:

- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 2 cloves garlic, grated
- 1 tsp. fresh ginger, grated
- 24 ounces mushrooms, cleaned and trimmed
- Fresh parsley
- Sesame seeds



Asian-Inspired Side

Directions:

Preheat oven to 400 degrees. Combine soy sauce, oil, garlic and ginger. In roasting dish, combine mushrooms and sauce mixture, stir to coat. Roast for 10 minutes. Stir and flip mushrooms and roast for another 10 – 15 minutes or until desired tenderness. Sprinkle with fresh parsley and sesame seeds and serve.

Harvest of the Month

ginger