

ROASTED MUSHROOM WITH FRESH HERBS

Recipe by Stanford Health Improvement Program

Ingredients

- 1 ½ Tablespoon Sesame Oil
- 2 cloves of garlic, minced
- 1 ½ Tablespoon fresh ginger, minced
- ½ Tablespoon soy sauce
(may use low sodium or Bragg's Liquid Aminos)
- ½ pound mushroom, quartered or sliced
(any kind, may use combination of different kinds)
- ¼ cup chopped mint (loosely packed)
- ¼ cup chopped parsley (loosely packed)
- 1 Tablespoon chopped dill
- ½ Tablespoon sesame seeds
- Salt and Pepper to taste

Directions

1. In a medium bowl, combine the sesame oil, garlic, ginger, and soy sauce.
2. Add mushrooms and stir until the mushrooms are coated.
3. Pour onto baking sheet or pan and spread out the mushrooms so that the mushroom are not touching each other. Bake at 400 degrees for 25 minutes.
4. When mushrooms are done, pour them into a serving bowl. Add in the mint, parsley, dill, sesame seeds and toss. Salt and pepper to taste.

Eat hot or cold. Goes well in a salad, in a pasta dish, on a cracker, or alone!