

# Marsala Golden Oyster Mushrooms

## Freeze Dried Pantry

*This recipe makes about 1 cup cooked mushrooms*



### Ingredients

2 cups freeze dried golden oyster mushrooms  
5 green top onions, chopped  
or  
2 Tbsp freeze dried yellow onion  
2 Tbsp butter  
1 Tbsp olive oil  
½ cup chicken broth  
½ cup marsala cooking wine  
Salt and Pepper to taste

**This is a freeze-dried pantry recipe using already freeze-dried ingredients**

### Directions:

1. Add butter and olive oil to a large skillet and bring to temperature over medium heat.
2. Add onions and saute for 3-4 minutes.
3. Add the freeze dried Golden Oyster mushrooms and the chicken broth and marsala wine.
4. Stir constantly until all moisture is absorbed and mushrooms are evenly rehydrated.
5. Cook until golden brown.

### Rehydration:

The mushrooms and onions will rehydrate while cooking. One serving is ¼ of this recipe.

### Notes:

Golden oyster mushrooms are a great option for vegan diets, containing protein and B-vitamins. Or you can add them to any meat dish you are making as you would other mushrooms.

Golden oysters have a “wild” taste to them and are high in immune boosting antioxidants.

### Nutritional Value Per 1 serving

Calories: 115 Protein: 2 g Fat: 9 g Carbohydrates: 6 g Sugar: 0 g Fiber: 2 g