



United States Department of Agriculture

Mushrooms

SAUTÉ

Brush pan with oil or butter and heat on high. Add a single layer of mushrooms; don't stir, turn once when mushrooms become reddish-brown on one side. Flip and repeat until other side turns the same color; remove from heat and season to taste.

GRILL OR BROIL

Grilling or broiling is preferable for larger-capped mushrooms, like portabellas and shiitakes. Lightly brush caps and stems with oil to keep them moist and season with salt and pepper. Grill or broil 4 to 6 inches from heat source for 4 to 6 minutes on each side, brushing once or twice. Try brushing with your favorite dressing, marinade, or sauce instead of oil.

ROAST

Preheat oven to 450 degrees. Brush mushrooms with oil and place on a shallow baking pan in oven, stirring occasionally until brown, about 20 minutes. Use about one tablespoon of oil for each eight ounces of mushrooms.

MICROWAVE

Place eight ounces of thickly sliced mushrooms in a microwaveable bowl. Cover and cook on high for 2 to 3 minutes, stirring once.

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