

Pan Fried Oyster Mushrooms

★★★★★
5 from 4 votes

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

A rustic and beautiful side dish, these Easy Pan Fried Oyster Mushrooms taste meaty, garlicky, and yet delicate. They're ready in minutes, and all you need are four simple ingredients!

Course: Side Dish/Appetizer Cuisine: American Servings: 4 Calories: 121

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Ingredients

- ☐ 1 pound oyster mushrooms, cleaned and cut into evenly sized pieces
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil
- ☐ 2 cloves garlic, smashed
- ☐ Salt and fresh ground black pepper, to taste

Instructions

1. Place butter and olive oil in a heavy skillet set over medium-high heat.
2. When butter is melted, add the mushrooms to the skillet in one single layer.
3. Cook the mushrooms for 2 minutes, or until golden.
4. Flip over the mushrooms and add the smashed garlic to the skillet.
5. Reduce heat to medium-low; season with salt and pepper and continue to cook the mushrooms until they start to brown, spooning the butter over the mushrooms as they cook.
6. Remove from heat.
7. Taste for salt and pepper, and adjust accordingly.
8. Serve.

Nutrition Facts	
Pan Fried Oyster Mushrooms	
Amount Per Serving	
Calories 121	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 15mg	5%
Sodium 71mg	3%
Potassium 484mg	14%
Carbohydrates 7g	2%
Fiber 3g	12%
Sugar 1g	1%
Protein 4g	8%
Vitamin A 229IU	5%
Vitamin C 1mg	1%
Calcium 8mg	1%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Keywords: healthy side dishes, how to cook oyster mushrooms, sauteed mushrooms