Shiitakes Sauteed with Garlic\*  
Shiitakes have long been prized for their immune boosting properties.  
  
Ingredients  
3-6 cups shiitake mushrooms, stemmed  
all to taste minced garlic, sea salt and freshly ground pepper, minced fresh parsley, olive oil  
  
Preparation  
1. Quarter the shiitake mushroom caps and place them in a bowl.  
2. Sprinkle with the garlic, sea salt, black pepper to taste, and parsley, and toss to mix.  
3. Heat the olive oil in a saute pan over low heat, add the mushrooms and sauté until they are just beginning to crisp, 10 to 15 minutes. Serve immediately.