

Shiitake Bacon

Heart Health

Items Needed: cutting board, knife, baking sheet, mixing bowl

Ingredients:

- 2 cups of sliced shiitake mushrooms
- 2 tsp olive oil
- 1 tbsp soy sauce
- Salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees.
2. Slice shiitake mushrooms into strips, place in a mixing bowl.
3. Add oil, soy sauce and salt and pepper to the mushrooms and toss until evenly coated.
4. Lay out on a baking sheet lined with parchment paper or silicone baking mat, place in oven for 10 minutes, rotate, and then cook in 5 minute increments until browned and crispy throughout.
5. Let cool before enjoying.

