

DIJON MUSTARD MUSHROOMS



SERVING SIZE

2



INGREDIENTS

ITEM

Crimini Mushrooms, Cleaned and Halved
Garlic Cloves, Minced
Shallot, Minced
Oil

QUANTITY

4 Cups
3
1
1 Tbsp.

ITEM

Lemon Juice (or to Taste)
Chopped Flat-leaf Parsley
Dijon Mustard
Salt and Pepper

QUANTITY

2 Tsp.
¼ Cup
1 Tbsp.
To taste



PREPARATION

- Heat the oil in a large skillet over medium heat.
- Add the minced garlic and shallot to the skillet, cooking until fragrant and softened, about 1-2 minutes.
- Add the mushrooms and cook, stirring occasionally, until they release their moisture and start to brown, about 6-8 minutes.
- Stir in the Dijon mustard and lemon juice, making sure the mushrooms are evenly coated.
- Season with salt and pepper to taste.
- Remove from heat and sprinkle with chopped parsley.
- Serve warm as a delicious side dish. Enjoy!