



Healthy Eating Initiative: Fried Oyster Mushrooms

If you love fried chicken but want a plant-based option, then this is the recipe for you. With a crispy outer-crust and a meaty, juicy center, these fried mushrooms are perfect for when you need a comfort food indulgence. The recipe yields 2 servings, but the ingredients are easily multiplied.

INGREDIENTS

- 8 ounces of oyster mushrooms.

The Batter:

- 1.5 cups of whole wheat, gluten-free flour
- 2 teaspoons of onion powder
- 2 teaspoons of garlic powder
- 2 teaspoons of smoked paprika
- 1 teaspoon of sea salt
- 1 teaspoon of oregano
- 1 teaspoon of red chili flakes or chili powder to taste

Buttermilk:

- 1 cup of almond milk or other non-dairy milk.
- 1 ½ tablespoons of apple cider vinegar
- 2 teaspoons of onion powder
- 1 teaspoon of garlic powder

Additional Ingredients:

- Goya Adobo All Purpose Seasoning
- Oil (for frying) Try selecting a healthier version such as olive oil.

INSTRUCTIONS

1. In a medium-sized bowl, mix the batter ingredients.
2. In a small bowl mix together the buttermilk ingredients and set aside.
3. Add enough oil to a frying pan and turn heat up to medium-low.
4. Dip the oyster mushroom pieces in the buttermilk mixture, then season with Adobo All Purpose Seasoning. Then coat the mushroom in the batter and set aside. Repeat this process until all your mushrooms have been coated in the batter.
5. Once the process has been completed, add the mushrooms to the hot frying pan.



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6. If the oil in the pan does not fully cover the mushroom pieces, keep an eye on them so that they can be rotated after 2-3 minutes. You will know if they are ready when you touch them with your tongs and the outer breading has hardened and is crispy.

7. Repeat until all the mushrooms are fried.

8. Once the mushrooms are fried, transfer to a plate with 3-4 layers of paper towels so that some of the oil can be absorbed. Allow them to cool for approximately 4 minutes before serving.

- ❖ This recipe can also be made substituting 20 ounces of canned Jackfruit in place of the oyster mushrooms.
- ❖ Leftovers can be stored up to 5 days in the refrigerator. Mushrooms can be reheated in your air fryer for 4-5 minutes to maintain their crispiness.

Total Cook Time: 30 minutes

Servings: 2

Calories: 270 calories

Carbs: 53 grams

Protein: 9 grams

Recipe Credit: veggiesociety.com

For additional information, email the DCPAS Work-Life Branch at: dodhra.mcalex.dcpas.mbx.dod-worklife@mail.mil

