

UCI Health

Crispy wild mushroom tacos

Ingredients

- 1½ lb oyster or king oyster mushrooms
- ¼ cup canola oil
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- Salt and pepper to taste

Serve with:

- 8 corn tortillas, taco size (2 per serving)
- 1 avocado, sliced
- ½ head of lettuce, chopped
- 8 ounces pico de gallo



Nutritional Information

Servings: 4

Cost: \$11.35/\$2.84 per serving

Calories: 288 per serving

Directions

- Preheat oven to 425 degrees and line a baking sheet with parchment or silicon mat.
- For oyster mushrooms, shred each mushroom by hand. For king oysters, pull strands from mushrooms with a fork.
- Toss mushrooms with the oil and seasoning, then place on. Place on your baking sheet.
- Bake 10 to 15 minutes, stir and continue baking 10 to 15 more minutes or until mushrooms are crisp.
- Fill warmed tortillas with mushrooms, lettuce and pico de gallo, top with avocado slices and serve.

*Note: For variety, Lion's mane mushrooms would also work well in this recipe.