

# Shitake “bacon”



## Ingredients

2 tbsp Canola oil  
1/2 tsp salt  
1 tsp liquid smoke  
1 tsp paprika  
3 cups shitake mushrooms

## Directions

Slice mushrooms into 1/4 inch slices. Combine all remaining ingredients in a bowl and mix thoroughly. Add shitake and marinate for at least 15 minutes or up to an hour. Preheat oven to 400 degrees. Place the mushrooms on a lined baking sheet cut side down (silpat works best but parchment will work) Bake for 8-10 minutes, remove from oven ,let cool and then put back in the oven for additional 8-10 minutes. Shitake should be slightly crunchy and dark brown.

## Nutritional Information

Calories per serving 63

Total Fat 5g

Saturated Fat .4g

Cholesterol 0

Sodium 242 mg

Total Carbohydrates 3g

Dietary Fiber 1.2g

Protein .9g

Servings 5