

Oyster Mushroom Toast

with Herbed Ricotta & Lemon Dressed Arugula

The early Romans considered mushrooms “the food of the Gods” as they are a nutrient powerhouse:

- Low in calories
- Fat free
- Cholesterol free
- Gluten free
- Low sodium
- Contain Potassium, B vitamins, Selenium & Vitamin D

Wellness Bonus! Mushrooms’ inherent umami counterbalances saltiness and allows less salt to be used in recipes.

Looking for something sustainable? Mushrooms are considered one of the most sustainable crops grown in the United States

Did you know? Producing 1 pound of mushrooms only requires:

- 1.8 gallons of water
- 1.0 KWH of electricity
- Generates only 0.7 lbs of CO₂ equivalents

Sustainability Bonus! Mushrooms require a small amount of land to grow. 1 acre = 1 million pounds of mushrooms!

Try One of These Mushroom Varieties!



White Button



Crimini



Portabella



Shiitake



Oyster



Enoki



Beech



Maitake

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Yield: 5 servings, Serving Size: 2 each

CALORIES	FAT	SAT FAT	CARBS	SUGAR	PROTEIN	FIBER	SODIUM
428	19g	4g	55g	1.6g	13g	3g	657mg

Ingredients

10 slices	Baguette	2/3 cup	Whole milk ricotta
2 ½ Tbsp	Extra virgin olive oil	½ Tbsp	Chives, chopped
1 small	Shallot, thinly sliced	½ Tbsp	Parsley, chopped
4 oz	Oyster mushrooms, chopped	½ Tbsp	Dill, chopped
1 cup	Multi-colored cherry tomatoes	½ Tbsp	Lemon zest, fresh
½ tsp	Kosher salt	¾ cup	Arugula
½ tsp	Black pepper	2 tsp	Lemon juice, fresh
		2 tsp	Olive Oil

Directions

Prep time = 10 minutes

Cook time = 10 minutes

1. Brush baguette slices with olive oil and sprinkle with salt and pepper. Bake at 350°F for about 4-6 minutes. Cool and reserve.
2. Stir together the ricotta, chives, dill, parsley, lemon zest, 1/8 teaspoon salt, and ¼ teaspoon of the black pepper. Cover and set in the refrigerator until ready to assemble the toasts.
3. Heat 2 ½ Tbsp of olive oil in a large skillet over medium heat. Add the shallot and cook for 90 seconds, stirring often. Add the mushrooms. Cook for 2 more minutes, stirring often. Add the tomatoes, continue to cook stirring constantly, for about 3 minutes, until the tomatoes begin to burst and the mushrooms are tender. If you have some larger tomatoes mixed in, pricking them with a fork will help them to burst.
4. Remove from the heat and stir in ¼ teaspoon salt and the remaining ¼ teaspoon of black pepper
5. Transfer the arugula to a small bowl. Toss with the lemon juice, 2 tsp olive oil, and the remaining 1/8 teaspoon of salt.
6. To build toasts, layer the baguette with the herbed ricotta, mushroom and shallot mixture and top with the dressed arugula. ENJOY!