

Recipe

Edamame, Peas and Wild Mushrooms



A healthy holiday side dish

Ingredients:

1 tsp extra virgin olive oil or truffle olive oil
1 lb green peas (preferably organic)
1 lb shelled cooked edamame (soybeans)
1/2 cup shitake mushrooms, sliced thin
1 cup crimini or button mushrooms, sliced
2 Tbsp shallots chopped
Sea salt or truffle sea salt to taste
Cracked black pepper to taste

Steps:

1. Sauté shallots in olive oil on low heat.
2. Over medium heat, add mushrooms and sauté for 2 minutes.
3. Add peas and soybeans and sauté for 5 minutes or until hot.
4. Season to taste with sea salt and cracked black pepper.