



Recipes

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Corn and Mushroom Mixture

Serves 1

Ingredients:

- 2 Tbsp. Olive Oil
- 1/4 cup Shallot , diced
- 2 Tbsp. Garlic , minced
- 2 cups Wild Mushrooms - such as Shiitake, Oyster or Cremini
- 1 cup fresh Corn Kernels
- 1/4 cup Sundried Tomato , chopped
- 1 tsp. fresh Thyme , minced
- 1/2 tsp. fresh Rosemary , minced

Directions:

1. Heat oil in sauté pan over moderately high heat. Add shallots and sauté for 4 minutes. Add garlic and sauté for an additional minute.
2. Add mushrooms and sauté for 5 minutes until most of the moisture is cooked out.
3. Add corn, sundried tomatoes and herbs and sauté an additional 3-4 minutes.