



Chicken of the Woods Fajitas

Kelly VanLaanen, Wisconsin

Kelly recently went Live on Facebook to do some cooking after finding a nice cluster of “chicken of the woods” mushrooms. Here’s what she cooked up:*

For the marinade:

1/3 cup lime juice

1/3 cup water

2 tablespoons olive oil

2 teaspoons soy sauce

1 teaspoon salt

1/2 teaspoon liquid smoke flavoring (optional)

1/2 teaspoon cayenne pepper

1/2 teaspoon ground black pepper

Other Ingredients:

1 large yellow onion, sliced

1 each red, orange, yellow, and green pepper, sliced

4 cloves garlic crushed

2 cups chicken of the woods mushrooms, sliced

2 teaspoons olive oil

2 teaspoons coconut oil

Marinate mushrooms 1/2 hour, OR reserve marinade to use at time of cooking mushrooms if you want a stronger mushroom flavor.

Sauté mushrooms with coconut oil for 5 minutes until outside of mushroom is golden brown. Add marinade and sauté until liquid is absorbed.

In another pan sauté garlic, onion and peppers in 2 teaspoons olive oil until tender, about 5-10 minutes depending on desired crispness.

Combine mushrooms and vegetables and serve on toasted tortillas. Garnish with lime and avocado.

*Chicken of the woods is a type of wild mushroom that is popular among foragers in the fall. NEVER pick and eat a wild mushroom unless you are 100% positive of the identification. If you are new to foraging, try to find an established group of foragers to help you learn. There are several groups on Facebook.