

Dry- Sauteed Mushrooms

On Tuesday, March 10th, 2026, I attended my first ever whole foods plant-based cooking class. Tamera Wilhite, Food for Life instructor, demonstrated how to make a tasty vegan quiche with tofu, brewer's yeast, cornstarch, mustard, lemon juice, chopped greens, and a few other flavor-enhancing ingredients.

I made Tamera's quiche at home following her recipe, plus I added additional seasoning and sauteed mushrooms. Yum!

I learned how to sauté mushrooms dry without the use of oil for the first time.

Here's how to dry-sauté mushrooms to produce a concentrated, nutty flavor without added oil or butter.

Place sliced or chopped mushrooms in a hot, dry skillet over medium-high heat. Do not crowd the pan to let them breathe. Cook them, stirring only occasionally, until they release their moisture and brown, which usually takes 5-10 minutes. Allow them to sit for a minute before stirring to encourage browning. They will bubble, releasing moisture, and will eventually shrink. Once their moisture evaporates, they will become golden brown.

Salt or season them only at the end to avoid premature moisture release. I tossed them in the pan with a seasoning blend of turmeric, parsley, and saffron. I did not add additional salt.

I followed Tamera's directions to blend all the ingredients except for the chopped greens, and in my recipe also the sauteed mushrooms, which I folded into the blended mixture before baking in an unoiled baking dish.

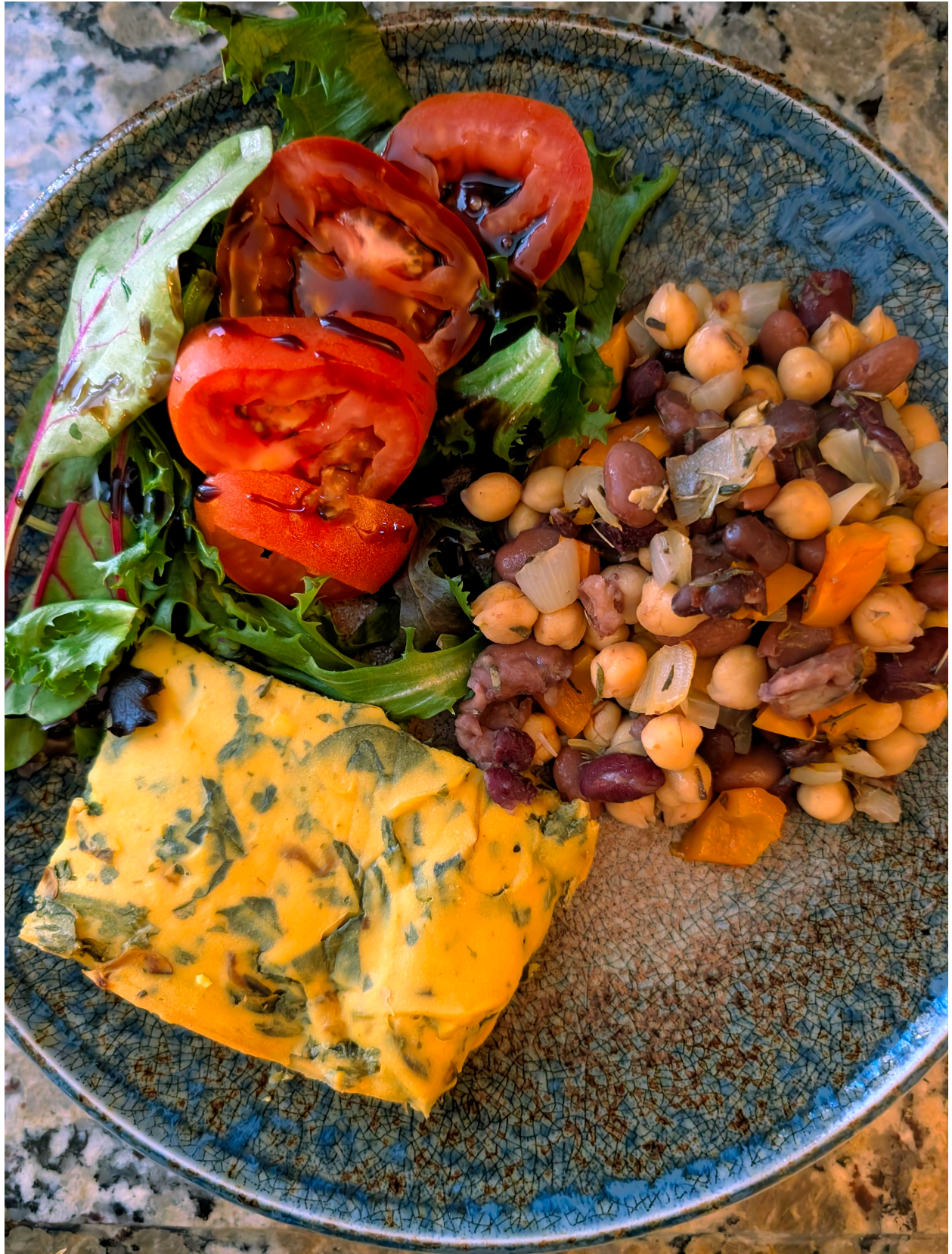
I plan to eat more mushrooms, whether raw or cooked, daily because they are a nutrient-dense and low-calorie addition to meals providing powerful immune system support, help to lower cholesterol, and aid in cognitive health.

Lee Enry Erickson













SARTORIA
delle
SPEZIE

TURMERIC,
PARSLEY, & SAFFRON

SEASONING, SPICES & HERBS MIX

Net Wt.
2.6 oz - (75g)