**Trumpet Mushroom "Scallops"**

| **Ingredients**   * 2 (8 oz.) king trumpet mushrooms * 2 tablespoons olive oil, divided * 1 tablespoon all-purpose flour * 1 cup unsweetened cashew milk * 3 garlic cloves, smashed * 1 medium shallot, quartered * 1 tarragon sprig, plus leaves for garnish * 3/4 teaspoon kosher salt, divided * 1/4 teaspoon black pepper | **Instructions**  **Step 1**  Cut each mushroom stem into 8 equal slices (about 1/2-inch each); set aside. Roughly chop mushroom tops; set aside.  **Step 2**  Heat 1 tablespoon of the oil in a small saucepan over medium-high. Add flour; whisk until combined. Whisk in cashew milk until smooth and thickened. Remove from heat, and add chopped mushroom tops, garlic, shallot, tarragon sprig, and 1/8 teaspoon of the salt. Cover; let stand at room temperature for 10 minutes. Pour through a fine-mesh strainer; discard solids. Return sauce to saucepan, and cover to keep warm.  **Step 3**  Heat remaining 1 tablespoon oil in a medium nonstick skillet over medium-high. Add half of the mushroom “scallops”; cook until tender and browned on both sides, about 2 minutes per side. Repeat with remaining mushrooms. Sprinkle with black pepper and remaining 1/4 teaspoon salt. Spread sauce on a platter, and top with mushroom scallops; garnish with tarragon leaves. |
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| **Nutritional Information**  Calories 112  Fat 8g  Satfat 1g  Unsatfat 6g  Protein 4g  Carbohydrate 8g  Fiber 2g  Sugars 3g  Added sugars 0g  Sodium 389mg  Calcium 4% DV  Potassium 9% DV | From (<https://www.cookinglight.com/recipes/vegan-mushroom-scallops>) |