

MUSHROOM DIP

INGREDIENTS

8 oz. cream cheese, softened to room temperature
1 package of dried mushrooms such as Shiitake or Blue Oyster
2 - 3 cloves roasted garlic, mashed
parsley and/or chives (chopped)
salt & pepper to taste



DIRECTIONS

Reconstitute dried mushrooms in 2 cups hot water for 30 minutes. Drain, saving the soaking liquid. Press mushrooms very lightly with a paper towel to remove excess liquid. Chop the mushrooms fine, then sauté in a little butter a few minutes. Add soaking liquid to mushrooms being careful not to use any sediment at the bottom. Simmer slowly, stirring occasionally until liquid is gone but mixture is still moist. Remove mushrooms to a bowl to cool. Add roasted garlic, softened cream cheese, herbs, salt, and pepper. Mix well and refrigerate before serving.

TIP: This can also be used as a sauce over pasta by thinning the dip with a little yogurt or cream, and heating it up a little.