BBQ Roasted Lion's Mane Mushrooms

servings: 8

ingredients
1 pound Lion's Mane/Pom Pom Mushrooms
Avocado oil in a spray bottle
¼ cup Worcestershire sauce
2-4 tablespoons grilled vegetable seasoning
BBQ sauce

method
Preheat grill or oven to 400 degrees.
Slice mushroom into thin pieces (like slicing a loaf of bread).
Brush Worcestershire sauce evenly over each piece and then lightly mist with avocado oil. Sprinkle with grilled vegetable seasoning.
Either grill or place on baking sheet and roast in oven for at least 10 minutes until desired tenderness.
Remove from heat and brush with BBQ sauce.

note: Lion's Mane has a chewy texture and won't achieve a crispiness. It is often best when shredded and used as fake crab.