

File Created by [Blogging Rebirth](#) WP Plugin

High protein, low fat alternative to bacon

I came across an interesting video on youtube the other day from ScienCentral regarding a high protein, low fat alternative to bacon.

If you're anything like me you love bacon. But bacon is one of those foods that must be cut down on when you are on a diet because it is high in fat (specifically animal fats). So when I saw this alternative that is high in protein and low in fat I was really interested. Watch the video below then you can print off the recipe below it

Visit [high protein, low fat alternative to bacon](#) to see the nutritional value of mushrooms... note the percentage of calories from protein (37%) and the extremely low calorie count. Mushrooms are also very filling (because of the high protein content) and extremely nutritious.

Anyway, here is the recipe (I'm guessing measurements here from what I saw on the video)

Roasted mushrooms - High protein, low fat alternative to bacon

2 cups of sliced Shitake mushrooms
2 tablespoons of extra virgin olive oil
1/4 teaspoon ground rocksalt.

Placed sliced mushrooms into a bowl and add olive oil and salt. Stir until mushrooms are evenly coated.
Line large baking tray with baking paper and spread mushrooms evenly over surface
Cook in oven Preheated to 350F (180C) and bake for 1 hour, turning every ten minutes

I tried this recipe, when the mushrooms are cooked they are kind of dried and shriveled and really do taste like bacon. This is ideal to serve with salads or even as alternative to meat. If you're wondering about the olive oil, this is what is known as a 'good' fat and in fact, in small quantities, actually helps with weight loss.

You can also find this article published on [High protein, low fat alternative to bacon](#)