

WHAT'S FRESH

Mushrooms

Mushrooms are antioxidant-rich and packed with B Vitamins that provide the body with energy. This card highlights whole portobello caps, baby bellas and white buttons mushrooms, but the varieties are endless!

How to clean and prep mushrooms:

A great tasting mushroom starts with lightly rinsing them with cool water, without soaking, and patting dry with paper towels. Remember, the thinner the slice the smaller the dice.



1. Remove the stem

In your palm, grip the cap of the mushroom pop the stem out. This makes it easier to cut. Save the stems, they can be chopped and added to any dish.



2. Cut in half

Place mushroom cap on surface and use your free hand as a "bridge" to hold in place. Slide the knife under the bridge to cut in half.



3. Quarter

Follow steps 1-2. Holding the halves together with the "bridge", turn and cut through the center in the opposite direction.



4. Slice

Hold the mushroom in place, using the "claw" grip, curling fingers under. Keep the knife tip on the cutting board and use a rocking motion to make even slices.



5. Dice

Follow steps 1 and 4, slicing to the thickness of your choice. Holding the slices together, rotate the slices and cut in the opposite direction, rocking your knife with tip on the board.



6. Mince

Follow steps 1, 4 and 5. Hold knife near the tip and the handle and use a rocking motion to chop the diced mushrooms into very small pieces. You may need to push them into a pile once or twice.

Quick Tips:

- Mushrooms absorb water like sponges, so avoid soaking in water.
- Store unwashed mushrooms in the refrigerator for up to two days in original packaging or a paper bag.
- Do not store in a plastic bag, this holds in moisture.
- When choosing mushrooms, look for ones that are slightly damp, but not slimy.

Ways to eat mushrooms:

As a topping: Add sliced mushrooms to pizza, omelets or salads for a nice savory flavor.

Stuff: See recipe on the back. Stuff large caps for a meal and small caps for an appetizer.

Sauté: Add a little oil to a skillet over medium high heat. Add quarter or diced mushrooms when hot. Sauté for about 5 minutes - they will produce water. Add seasonings, garlic and low sodium soy sauce to bring out their "meaty" flavor! Sauté for 5 more minutes, or until the water is cooked away. Makes a great topping for meat dishes.

Stir-fry: Add small whole mushrooms or larger cut mushrooms to your favorite stir-fry mix - try with snap peas, onions and carrots.

Roast whole, halves or quarters: Toss in a little oil and your favorite spices. Bake in a 450°F degree oven for about 20 minutes, mixing them half way through cooking.

Use them for a stretch meal: Substitute half of ground meat with minced mushrooms for dishes like spaghetti, taco meat and even burgers. They are savory, delicious and cut down on the fat in the recipe.



Ingredients

Mushrooms - 5 jumbo portobello

Ground Turkey - 1 pound

Cheese - 1/2 cup [shredded]

Garlic - 3 cloves [minced]

Marinara Sauce - 1 cup

Basil - 1 tablespoon

[or Italian seasoning]

Salt - 1/2 teaspoon

Pepper - 1/4 teaspoon

Italian Stuffed Portobellos

SERVES
5

Directions:

1. Preheat the oven to 375°F.
2. Line a baking sheet with parchment or foil.
3. Remove stems, then scoop out the brown gills with a spoon. Place open side up on baking sheet.
4. Bake until softened (about 15-20 minutes)
5. Meanwhile, cook turkey in a skillet on medium-heat until browned.
6. Reduce heat to medium low, add garlic and sauté for one minute.
7. Add marinara and seasonings and cook thoroughly until heated.
8. Set oven to broil (or 450°F) and fill caps with 1/2 cup mixture.
9. Top with cheese and broil until cheese is melted and browned.

You can use ground chicken, beef, or pork, just drain the fat before adding sauce and seasonings.

Don't have a jar of marinara sauce? Use a can (15 oz.) of crushed tomatoes or plain tomato sauce.



Ingredients

Mushrooms - 1 pound

[baby bella, white or cremini]

Garlic - 10 cloves [minced]

Olive Oil - 2 tablespoons

Oregano - 1 tablespoon

Salt - 1/2 teaspoon

Pepper - 1/2 teaspoon

Optional:

Parmesan Cheese - 2 tablespoons

Balsamic Vinegar - 2 tablespoons

Roasted Mushrooms with Garlic

SERVES
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Directions:

1. Preheat oven to 400°F and line baking sheet with foil.
2. In a mixing bowl, toss mushrooms, garlic, oil, oregano, salt and pepper until well-mixed.
3. Spread on the baking sheet and bake for 15 minutes.
4. Drizzle balsamic vinegar on top and toss.
5. Sprinkle parmesan cheese on top.
6. Bake for 10 more minutes until mushrooms are tender.

If mushrooms are large, cut into quarters. If they are small, leave them whole. No need to remove the stems in this recipe.

After baking for 15 minutes, drizzle with balsamic vinegar for a punch of flavor. Monitor the progress of the mushrooms after the balsamic vinegar is added as the foil can turn black and burn easy.

Try other flavors like curry and cumin powder, or leave off the salt and use low sodium soy sauce.