



Mushrooms

What are they?

Technically a fungi, mushrooms are an exceptional culinary element, and are extraordinarily versatile. Two types of edible mushroom species that you we can provide to you are Cremini and Portobello mushrooms. Mushrooms contain significant amounts of B vitamins, vitamin D, and potassium. They are a fat-free, low-calorie, nutrient-dense, low in sodium, natural, antioxidant super- food.

Storage Tips

Storing them in their original packaging or in a brown paper bag keeps them fresh. They may keep for up to one week in the refrigerator. Wash when you are ready to use them by rinsing any dirt particles off under cold water and patting dry. Fresh mushrooms should never be frozen, but frozen sautéed mushrooms will keep for up to one month.

Usage Tips

Mushrooms can be eaten raw in salads or with dip. The cremini mushrooms are especially tasty stuffed. Saute in butter or oil and served over vegetables, steak, burgers, or chicken. Portobellos can be grilled or used as a healthy option to a pizza crust by topping the entire cap with sauce and cheese.

A Vegetable E-booklet



RECIPES

Grilled Portobello "Burgers"

INGREDIENTS

- 6 cloves garlic
- 2 tablespoons olive oil
- 3 portobello mushroom caps,
destemmed
- 1 teaspoon Montreal steak
seasoning
- Crushed red chili pepper flakes
(optional)
- 6 sage leaves

Adapted from www.southmill.com

INSTRUCTIONS

1. Peel and separate garlic cloves.
2. Drizzle olive oil over the mushroom caps, garlic cloves, and sage leaves, turning to coat. Sprinkle steak seasoning over mushrooms. Add crushed red pepper flakes if desired.
3. Heat cast-iron grill pan over medium heat. When hot, lightly brush the grill pan with olive oil. Place mushrooms, sage, and garlic cloves on the pan. Grill for 5–7 minutes on each side, or until mushrooms are tender.
4. Serve with the garlic cloves smashed or whole.

Garlic Butter Roasted Mushrooms

INGREDIENTS

- 1 pound mushrooms such as cremini
or white, halved lengthwise if large
- 2 T capers, rinsed and chopped
- 3 large garlic cloves, minced
- 2 T oil
- 3 T unsalted butter, cut into pieces
- 2 teaspoons fresh lemon juice
- 1/4 cup chopped flat-leaf parsley

Adapted from www.smittenkitchen.com

INSTRUCTIONS

1. Preheat oven to 450°F with rack in middle.
2. Toss mushrooms with capers, garlic, oil, 1/8 teaspoon salt and several grinds of pepper in a 1 1/2- to 2-qt shallow baking dish.
3. Top with butter and roast, stirring occasionally, until mushrooms are tender and golden and bubbly garlic sauce forms below, 15 to 20 minutes.
4. Stir in lemon juice and parsley.
5. Serve immediately.