



# Mushrooms

## The Health Benefits of Mushrooms

Although we think of mushrooms as vegetables, they are not plants at all, but fungi, organisms without roots or stems. They have a rich taste and are high in antioxidants and protective minerals.

### **1 cup raw or 1/2 cup cooked mushrooms provides:**

- 15 Calories, 2.2 gm protein, 1 gm fiber, no fat or cholesterol

### **Potential benefits of consuming mushrooms**

- Rich in B vitamins to get energy from food, form red blood cells
  - Contain minerals potassium, copper, iron and phosphorus
  - Depending on where they are grown, may contain vitamin D
  - Contain choline which helps with sleep, learning and memory
  - Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
  - Edible varieties include cremini (white button), shiitake, enoki (long, thin), portabella (large ) and porcini (nutty flavor)
- Note: Not all mushroom varieties are suitable for eating

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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# Give Your Family More of the Good Stuff!



## Mushroom Basics

### Shop and Save

- ✿ Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you select the amount and size you need.
- ✿ Fresh mushrooms should feel relatively dry and firm. Avoid dark spots.
- ✿ The stronger the sweet, earthy scent, the more flavorful the mushrooms. Closed caps have a more delicate flavor while open caps with gills showing are more robust.
- ✿ Buy an amount of fresh mushrooms that you can use within a few days.
- ✿ Canned and dried mushrooms are good options to store for longer times.

*Mushrooms are a good source of B vitamins, which help the body produce energy from food.*



### Types of Mushrooms

Different varieties of mushrooms may be substituted in most cooked recipes.



**White or button** - excellent both raw and cooked.

Widely available.

Varies in color from white to light brown and in size from small to jumbo. Mild flavor intensifies when cooked and as the mushroom becomes more mature. Also available canned and dried.



**Cremini, crimini or baby bella** - firm texture.

Ranges in color from light tan to rich brown. Rich, earthy flavor is more intense than that of white mushrooms.



**Portobello or portabella** - large, mature cremini

mushrooms. Deep, meaty flavor and firm texture. Tough stems are removed.



**Shiitake** - large, broad, umbrella-shaped caps.

Varies in color from tan to dark brown. Rich, full-bodied, smoky flavor and meaty texture. Best when cooked. Use tough stems to flavor stock. Available dried.

### Store Well Waste Less

- Store mushrooms in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.
- For best quality use fresh mushrooms within a week. Canned mushrooms usually have a 'best by' date on the can. Dried mushrooms

keep their quality for up to a year in an airtight container in a cool, dry place.

■ Dirt on mushrooms is normal. Clean mushrooms just before using. Use a soft brush or slightly dampened paper towel to brush off the surface or rinse very briefly under cold, running water and pat dry.

■ Cooked mushrooms can be frozen. For best quality, use within 1 month.





# Cooking with Mushrooms

## Using Mushrooms

- ☼ Some wild mushrooms are very toxic. Be sure you eat mushrooms from a reliable source.
- ☼ Mushrooms can be eaten raw or cooked by many methods: sauté, roast, grill, broil, or microwave.
- ☼ Soak dried mushrooms before using.

## Mushroom Math

1 pound fresh button mushrooms =

- 20 to 24 medium mushrooms
- 5 cups sliced
- 6 cups chopped
- 2 cups sliced and cooked

8 ounces sliced fresh mushrooms =

4 ounces canned sliced mushrooms, drained ( $\frac{3}{4}$  cup) =  $1\frac{1}{2}$  ounces dried mushrooms plus  $\frac{3}{4}$  cup boiling water

## Simple Sautéed Mushrooms

### Ingredients:

- 1 Tablespoon **vegetable oil**
- 2 cloves **garlic**, minced
- $1\frac{1}{2}$  cups **onion**, chopped
- 3 cups sliced **mushrooms**
- $\frac{1}{4}$  teaspoon **salt**
- $\frac{1}{4}$  teaspoon **pepper**

### Directions:

1. Heat oil in a large skillet over medium high heat. Add garlic and onion; cook until onion begins to soften, about 3 to 4 minutes.
2. Add mushrooms, salt and pepper. Cook with occasional stirring until liquid evaporates and mushrooms begin to brown.
3. Refrigerate leftovers within 2 hours.

**Makes:**  $1\frac{1}{2}$  cups **Prep time:** 7 minutes

**Cook time:** 10 to 15 minutes

Go to  
**FoodHero.org**  
for easy, tasty  
mushroom  
recipes

## Mushroom Bulgur Pilaf

### Ingredients:

- 1 cup **onion**, chopped
- $1\frac{1}{2}$  teaspoons **vegetable oil**
- 3 cups **mushrooms**, sliced or chopped
- $\frac{3}{4}$  cup **bulgur**
- $1\frac{1}{2}$  cups **water**
- 2 teaspoons **dry bouillon** (chicken or vegetable)
- $\frac{1}{2}$  teaspoon **garlic powder**
- $\frac{1}{4}$  teaspoon **pepper**
- 2 cups packed fresh **spinach**, roughly chopped

### Directions:

1. Use a medium saucepan or skillet with a tightly fitting lid. Over medium heat, sauté onions in oil in the open pan until they are softened.
2. Add mushrooms and sauté until beginning to brown, stirring frequently.
3. Stir in bulgur and continue to stir until lightly browned.
4. Add water, bouillon, garlic powder, and pepper. Cover pan with lid.
5. Reduce heat to low. Cook for 15 to 20 minutes or until bulgur is tender and liquids are absorbed.
6. Remove from heat. Mix in the spinach and serve.
7. Refrigerate leftovers within 2 hours.

**Makes:** 4 cups **Prep time:** 10 minutes

**Cook time:** 30 to 40 minutes



**Kids  
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ☼ gently wipe or rinse mushrooms.
- ☼ use a cutting board to slice or chop vegetables.
- ☼ measure dry or liquid ingredients.
- ☼ use a long handled spoon or spatula to sauté safely.