



all about Mushrooms

A healing fungus that stimulates the immune system.



Let's Get Cooking!

If you're searching for variety, look no further! Mushrooms are edible fungi that have a wide nutrition range including protein, vitamins, minerals, and antioxidants.



Portobello Mushroom Burger

Total time: 1 hr 15 min Servings: 4

Ingredients:

- 4 Portobello mushrooms with stems and gills removed
- 1/3 cup of olive oil
- 3 tbs balsamic vinegar
- 1 tbs soy sauce
- 1 tbs minced garlic
- 1 tsp salt
- 1/2 tsp black pepper
- 4 burger buns
- Your favorite burger toppings

Directions: Prepare the mushrooms by cutting off the stems and using a spoon to scoop out the gills. Use the tip of a knife to cut 1/2 inch crosshatch pattern on top of mushroom caps. In a bowl whisk together oil, soy sauce, vinegar, garlic, salt, and pepper. Add mushrooms and marinade to a large bag and let sit for 30-60 min. Preheat grill to med-high heat. Remove mushrooms from bag and place on grill cap side down. Cover and cook mushrooms 4-6 min on each side. If desired add cheese while still on the grill then transfer to bun, add toppings, and enjoy!



Garlic Mushroom Quinoa

Total time: 35 min Servings: 6

Ingredients:

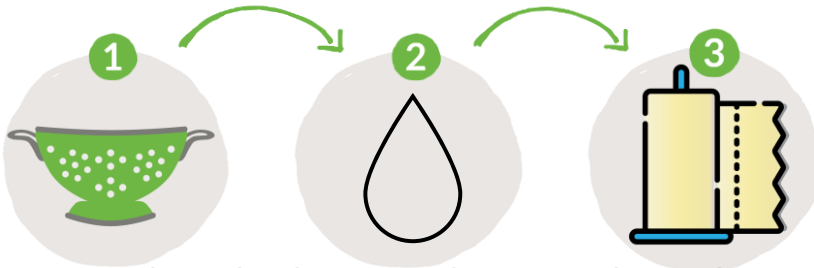
- 1 cup quinoa
- 1 tbs oil
- 1 lb. mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 tsp dried thyme
- Salt and pepper to taste
- 2 tbs grated parmesan

Directions: In a large saucepan cook quinoa according to packaging instructions, then set aside. Heat oil in a large skillet over medium high heat. Add mushrooms, garlic, and thyme and cook, stirring occasionally until tender, about 3-4 min. season with salt and pepper to taste, then stir in cooked quinoa until well combined. Garnish with parmesan and serve immediately

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How to Prepare



1. Start by placing mushrooms in a clean colander.
2. With the water pressure low gently rinse and toss the mushrooms in the colander.
3. Dry the mushrooms well and cook according to the recipe.

Simple Swaps

Easily incorporate mushrooms into your favorite dishes.

Mushroom Burger	Beef patty	Portobello Mushroom
Meat Substitute	Beef, chicken	Whole or sliced mushrooms
Vegetarian Chili	Beef	Chopped mushrooms (any)



How to Store

Pantry

Do not store mushrooms at room temperature. This can speed up the decomposition process and promote bacteria growth.

Refrigerator

Place whole, unwashed mushrooms in a brown paper bag and fold the top of the bag over. The bag absorbs excess moisture and prevents mold.

Freezer

Rinse mushrooms first, then allow them to air dry. Sauté with oil, allow mushrooms to cool completely, then transfer to a freezer safe bag and freeze in a single layer.