

Mushrooms

Key Points

- For the best buy, choose mushrooms that look smooth and dry. They should not smell moldy!
- To prepare fresh mushrooms, rinse under running water. Pat dry with a paper towel if desired. Trim off rough ends of stems.
- To store fresh mushrooms, place them in a paper bag and refrigerate for up to 5 days.
- Mushrooms contain potassium, which is good for a healthy heart.



Quick Tips

- Try a mushroom omelet for breakfast.
- Add mushrooms to a soup, stew or stir-fry.
- Cook garlic and mushrooms. Add lemon juice to taste. Serve as a side dish or on meats.
- Remember to rinse all fruits and vegetables before using.

Mushrooms and Beans

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
1 garlic clove, minced
3 cups whole fresh mushrooms (10 ounce package), cut in half
1/2 teaspoon basil (optional)
1/2 teaspoon oregano (optional)
2 cups cooked cannellini or great northern beans
1 cup tomato sauce
2 tablespoons grated Parmesan cheese

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic, cook 2 minutes, stirring often.
3. Add mushrooms, basil, and oregano. Cook 6 minutes, stirring often.
4. Stir in beans and tomato sauce, heat through. Stir in Parmesan.
5. Serve as a side dish, or over pasta or rice if desired.
6. Refrigerate leftovers.

Makes 6 servings.

Confetti Rice

Ingredients:

2 teaspoons vegetable oil
12 mushrooms, sliced
2 garlic cloves, minced
2 carrots, peeled and sliced
Black pepper, to taste
1 cup chicken broth
1 cup uncooked rice
1/2 cup peas

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add mushrooms and garlic. Cook for 3 minutes, stirring often.
3. Stir in carrots, black pepper, chicken broth, 1 cup water, and rice.
4. Cover, reduce heat to low, and simmer for 20 minutes, until rice is cooked.
5. Stir in peas. Cover and let sit for 5 minutes.
6. Refrigerate leftovers.

Makes 4 servings.

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The Nutrition Facts Label—What does it tell us?

Recipe name: Mushrooms and Beans

Nutrition Facts	
Serving Size: 1/6 of recipe (188g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	22%
Sugars 7g	
Protein 9g	
Vitamin A 2%	Vitamin C 8%
Calcium 10%	Iron 20%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Confetti Rice

Nutrition Facts	
Serving Size: 1/4 of recipe (160g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 5g	
Vitamin A 80%	Vitamin C 10%
Calcium 2%	Iron 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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