

*A simple guide to*

# MUSHROOMS



Button mushrooms are the most common variety & have a mild flavor.



Crimini mushrooms have a mild, nutty flavor.



Portobello mushrooms are larger, have a meaty flavor & taste great when grilled.



Shiitake mushrooms have a powerful savory, earthy flavor. They are often used in Asian cuisine.



## How to Prepare

### *Fresh*

Sliced mushrooms are a great topping for salads or pizzas.



For large portobello mushrooms, marinate with olive oil & seasonings. Grill 10-15 minutes. Or stuff with spinach, tomatoes & cheese. Bake at 400°F for 15 minutes.

### *Canned*

Drain & rinse canned mushrooms to reduce sodium up to 41%.



Add canned mushrooms to your favorite casseroles, stews & pasta dishes for a rich, savory flavor.

## How to Select

### *Fresh*



Choose mushrooms that are smooth & plump.



Avoid mushrooms that appear dried out or slimy.

### *Canned*



Choose no-salt-added options. Sliced mushrooms can save time in the kitchen.

## How to Store

### *Fresh*

Refrigerate unwashed mushrooms in the original container or a paper bag up to a week.



Never freeze fresh mushrooms. If cooked, they can be frozen up to a month.

### *Canned*

Once cooked, refrigerate leftover mushrooms in a sealed container up to 5 days.

## Tip

Because of their savory flavor, mushrooms can be a tasty substitute for meat!



# TUNA TETRAZZINI

## Ingredients:

- 3 cups whole-wheat rotini pasta
- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 (8 oz) carton sliced fresh mushrooms
- 1 Tbsp cornstarch
- 3 cups cold 1% low-fat milk
- 1/4 cup whole-wheat flour
- 1/2 tsp pepper
- 1 cup frozen peas & carrots
- 2 (6 oz) cans tuna in water, drained
- 1 cup grated parmesan cheese, divided

## Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large skillet, heat oil over medium-high. Add onion & mushrooms. Cook 3-5 minutes or until onions are soft, stirring throughout.
3. In a small bowl, add cornstarch & cold milk. Whisk together.
4. Add cornstarch mix, flour & pepper to skillet. Bring to a boil, stirring constantly. Reduce heat to medium. Stir in peas & carrots. Cook 5 minutes.
5. Add tuna & 1/2 cup cheese. Mix well. Stir in pasta & heat until warm.
6. Top with remaining cheese & serve.

## Tips:

Stir in a little non-fat plain Greek yogurt to make this dish extra creamy just before serving.

30 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
<b>Serving size</b>	(357g)
<b>Amount per serving</b>	<b>360</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 3mcg	15%
Calcium 298mg	25%
Iron 3mg	15%
Potassium 628mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

