

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 | |
| Serving size | (357g) |
| Amount per serving | 360 |
| Calories | |
| | % Daily Value* |
| Total Fat 11g | 14% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 530mg | 23% |
| Total Carbohydrate 41g | 15% |
| Dietary Fiber 5g | 18% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 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.

