

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, then 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!



BEEF STROGANOFF

Ingredients:

- 2 Tbsp olive oil
- 1 (16 oz) carton fresh mushrooms, sliced
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp black pepper
- 1 lb 90/10 lean ground beef
- 1 (32 oz) carton unsalted beef broth
- 1 (12 oz) bag egg noodles
- 1 Tbsp cornstarch
- 2 Tbsp cold water
- 1/2 cup plain non-fat Greek yogurt
- 1/4 cup minced fresh parsley

30 Min | Serves 8

Nutrition Facts

8 servings per recipe	
Serving size	(286g)
Amount per serving	320
Calories	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 105mg	5%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 3mg	15%
Potassium 439mg	10%

* 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.

Preparation:

1. In a large, deep skillet, heat oil over medium-high. Add mushrooms, onion, garlic & pepper. Cook 4-5 minutes or until onions are tender.
2. Add beef & cook 5-6 minutes or until cooked through, crumbling meat throughout.
3. Add broth & noodles. Cover & cook 15-20 minutes.
4. Meanwhile, in a small bowl, mix cornstarch & water. Remove skillet from heat. Add cornstarch mixture & yogurt. Stir until thickened.
5. Serve topped with parsley.

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.

