

Mushrooms



Selection - Choose firm, dry mushrooms with no spots or cuts.

Storage - Store in refrigerator in container or paper bag (stays fresh for up to one week).

Nutrition - Potassium, a mineral your body needs, in mushrooms supports heart health.

3 EASY WAYS TO USE MUSHROOMS

- To sauté, slice the mushrooms and onions. Add sliced onions and mushrooms to a pan with oil and cook over medium heat for about 7-9 minutes.
- To make a mushroom and cabbage stir fry, slice mushrooms and cabbage. Heat oil in pan and add garlic and red pepper flakes. Cook for about 30 seconds. Add mushroom and cabbage to pan. Cook for about 4 minutes, until soft. Add low sodium soy sauce and pepper to taste.
- Add sautéed mushrooms to pasta or along with grilled meats.



Ingredients

- ☐ 3 cups fresh green beans, cut into 1-inch pieces
- ☐ 2 carrots, cut into thick strips
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion, sliced
- ☐ 1-pound fresh mushrooms, sliced
- ☐ 1 teaspoon lemon pepper seasoning
- ☐ 1/2 tablespoon garlic powder
- ☐ 1/4 cup sliced or slivered almonds

Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender.
3. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, lemon pepper and garlic powder. Cover, and cook for 5 minutes over medium heat.

