

# 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.



# Lighter Tuna Casserole

Makes 8 Servings

## Ingredients

- |   |  |
|---|--|
| <input type="checkbox"/> 8 ounces uncooked egg noodles          | <input type="checkbox"/> 1/4 cup flour                   |
| <input type="checkbox"/> 2 tablespoons butter                   | <input type="checkbox"/> 1/2 teaspoon garlic powder      |
| <input type="checkbox"/> 1 onion, diced                         | <input type="checkbox"/> 1 can peas and carrots, drained |
| <input type="checkbox"/> 8 ounces (1 package) mushrooms, sliced | <input type="checkbox"/> 2 (5 ounce) cans tuna, drained  |
| <input type="checkbox"/> 1 cup chicken broth                    | <input type="checkbox"/> 1/2 cup shredded cheese         |
| <input type="checkbox"/> 1 cup milk                             | <input type="checkbox"/> 1/4 cup breadcrumbs             |
|   | <input type="checkbox"/> Salt and pepper                 |

## Directions

1. Preheat the oven to 375° and grease a 9x13 inch baking dish.
2. Cook noodles in water to al dente (not cooked the whole way). Drain and set aside.
3. Melt 1 tablespoon of butter in a deep pan. Add the onions and cook on medium heat until see through, about 3 to 5 minutes. Stir in the flour and salt. Cook flour, stirring for 2 to 3 minutes.
4. Slowly add in the chicken broth and stir until smooth. Then, slowly add in the milk. Keep stirring until the liquid starts to bubble.
5. Once boiling, add the mushrooms, peas and carrots and turn heat to a simmer (small bubbles). Add salt and pepper. Stir at times while the liquid thickens, about 5 to 8 minutes.
6. Remove the pan from heat. Add the tuna and cheese. Stir until cheese melts. Then stir in the noodles. Pour the creamy noodle mixture into the baking dish.
7. In a small dish, melt 1 tablespoon butter and mix with the breadcrumbs. Sprinkle over the top of the casserole.
8. Bake the casserole about 25 minutes, or until bubbling. Then, place under the broiler for 1 to 2 minutes to brown the top, keeping a close eye to prevent burning.