



# 8 HEALTHY MUSHROOM

RECIPES

*Giorgio*

America's Favorite Mushroom

DELICIOUS  
IN UNDER  
30 MINUTES

# MUSHROOMS MAKE A DIFFERENCE

Regardless of whether you're making a short-term commitment or long-term lifestyle changes, few foods offer the versatility and general diet acceptance as mushrooms. The diet-friendly fungi is low in calories, fat and cholesterol free and very low in sodium. Read on to see how mushrooms can benefit your health.

## WEIGHT MANAGEMENT

Mushrooms are hearty and filling. Preliminary research suggests increasing intake of low-energy-dense foods (meaning few calories given the volume of food), specifically mushrooms, in place of high-energy-dense foods, like lean ground beef, can be helpful with weight management as they promote daily energy by limiting fat intake and leaving you full and satiated after a meal.

## ANTIOXIDANTS AND IMMUNITY

Mushrooms are the leading source of the antioxidant nutrient selenium in the produce aisle. Antioxidants, like selenium, protect body cells from damage that might lead to chronic diseases and help to strengthen the immune system, as well. In addition, mushrooms provide ergothioneine, a naturally occurring antioxidant that may help protect the body's cells.

## LESS SALT. MORE FLAVOR

Sodium is an essential nutrient – it helps to regulate blood pressure and maintain fluid balance in the body. Too much sodium intake can increase blood pressure because it holds excess fluid in the body, putting extra strain on the heart. Mushrooms are fat-free and low in sodium. Mushrooms' inherent umami counterbalances saltiness and allows for less salt to be used in recipes.



# MUSHROOM NUTRITION

## MAITAKE

3-oz serving (about 1 ¼ cup raw maitake mushrooms):

- 26 calories
- 0 grams of fat
- 6 grams of carbohydrate (5.9)
- 2 grams of protein (1.6)
- 955 IU of vitamin D

## SHIITAKE

3-oz serving (about ½ cup cooked shiitake mushrooms):

- 48 calories
- 0 grams of fat
- 12 grams of carbohydrate
- 1 g protein
- 24 IU of vitamin D

## BEECH

- Low in sodium
- 0 grams of fat
- Cholesterol free

## WHITE BUTTON

3-oz serving (about 5 medium raw white button mushrooms):

- 19 calories
- 0 grams of fat
- 3 grams of carbohydrate (2.8)
- 3 grams of protein (2.6)
- 6 IU of vitamin D



## OYSTER

3-oz serving (about 1 cup sliced raw oyster mushrooms):

- 28 calories
- 0 grams of fat
- 5 grams of carbohydrate
- 3 grams of protein (2.8)
- 25 IU of vitamin D

## CRIMINI

3-oz serving (about 1 cup raw whole crimini mushrooms):

- 19 calories
- 0 grams of fat
- 4 grams of carbohydrate (3.6)
- 2 grams of protein
- 3 IU of vitamin D



**COOK  
TIME:  
6 MINS**

Substitute ½ cup sautéed white button mushrooms in quiche for 4 ounces of cooked bacon.

**BENEFIT:**  
Save calories,  
add nutrients!

## MAITAKE WILD RICE SALAD

### WHAT YOU NEED

½ cup raw walnut pieces  
2 Tbsp extra virgin olive oil  
2 Tbsp finely chopped yellow onion  
6 ounces maitake mushrooms, roughly chopped  
1 tsp fresh lemon juice  
¾ tsp fine sea salt  
¼ tsp ground black pepper  
1 cup dry wild rice, cooked according to package directions and cooled  
1 Tbsp chopped fresh chives

### WHAT YOU DO

Toast the walnut pieces over medium-high heat in a large, dry skillet. Stir often and cook for 3 minutes, or until you begin to smell their nutty aroma. Remove from the heat and transfer the nuts to a bowl to cool.

Add the olive oil to the skillet and return it to medium heat. Add the onions. Cook, stirring often for 1 minute. The onion will begin to turn golden brown in spots as it cooks in the oil. Stir in the mushrooms and cook for about 2 minutes. They will soften and shrink, but still have a somewhat firm bite. Stir in the walnuts and cook for another 30 seconds.

Remove the skillet from the heat and add the lemon juice, salt, and pepper. Stir well and let cool to room temperature.

Transfer the rice to a large bowl. Add the mushrooms. Toss to mix the ingredients. Sprinkle with chives before serving at room temperature or chilled. equal amount of cheese.

Broil on high for five minutes, until cheese is browned and bubbling. Serve warm.

**SERVES: 6**

## HUMMUS TOAST WITH MARINATED MUSHROOMS

### WHAT YOU NEED

8 ounces crimini mushrooms, sliced  
¼ cup extra virgin olive oil  
1 garlic clove, minced  
1 Tbsp minced shallot  
½ tsp chopped fresh oregano leaves  
½ tsp fine sea salt  
4 slices toasted bread  
½ cup plain hummus  
2 Tbsp diced black olives  
2 Tbsp diced green olives  
2 Tbsp crumbled feta cheese  
Small, or chopped, oregano leaves for garnish

### WHAT YOU DO

Place the mushrooms in a medium bowl with a lid. Pour in the olive oil and add the garlic, shallot, oregano, and sea salt. Stir well to coat the mushrooms in the oil. Cover and refrigerate for at least 4 hours.

Spread 2 Tbsp of hummus over each slice of toast. Layer mushrooms over the hummus. Sprinkle each serving with an equal amount of black olives, green olives, and feta. Garnish with oregano leaves before serving.

**SERVES: 4 | PREP TIME: 10 MINS**



**COOK  
TIME:  
15 MINS**



**COOK TIME:**  
**10 MINS**

Substitute 1 cup diced portabella mushrooms in spaghetti sauce for ½ cup lean ground beef (80% lean).

**BENEFIT:**  
Save calories, add nutrients!

# MARINATED MUSHROOM AND CHICKPEA SALAD

### WHAT YOU NEED

- 8 ounces baby portabella mushrooms, cleaned and cut into quarters
- 2 roasted red peppers, cut into small pieces
- One, 15 ounce can chickpeas, drained and rinsed
- ⅓ cup red wine or sherry vinegar
- 4 Tbsp olive oil
- 2 garlic cloves, pressed or minced
- Small pinch red pepper flakes, to taste
- 2 Tbsp chopped fresh Italian parsley and/or fresh oregano
- Salt and pepper to taste

### WHAT YOU DO

Combine mushrooms with chickpeas and roasted red peppers in a large mixing bowl.

In a small saucepan, over medium heat, combine sherry vinegar with olive oil, garlic and red pepper flakes. Bring to a low boil and turn off heat. Pour vinaigrette over mushrooms, chickpeas and red peppers and gently stir.

Let sit for about 10 minutes, stirring occasionally so that ingredients absorb dressing. Add freshly chopped herbs and season with salt and pepper to taste. Serve at room temperature or chilled. Stir before serving (to distribute the dressing).

**SERVES: 4-6**

# ROASTED OYSTER MUSHROOMS WITH ARUGULA AND WALNUTS

### WHAT YOU NEED

- 10 ounces oyster mushrooms\*, gently separated into large pieces
- 1 Tbsp extra virgin olive oil
- ¼ tsp fine sea salt
- Pinch ground black pepper
- 1 ½ cup packed arugula leaves
- ½ cup chopped walnuts, toasted
- Additional olive oil for serving, if desired

### WHAT YOU DO

Preheat the oven to 375 degrees F.

Spread the mushrooms in a single layer on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss gently and spread back into a single layer.

Roast for 15 minutes. Check the mushrooms. If any liquid has formed on the sheet pan, carefully drain it off. Roast the mushrooms for 5 to 10 more minutes, until browned and tender.

Add the arugula to a serving plate. Top with the mushrooms and toss gently. Sprinkle the walnuts over the salad. Garnish with additional olive oil, if desired. Serve warm or at room temperature.

**SERVES: 4 | PREP TIME: 10 MINS**



**COOK TIME:**  
**20 MINS**

\*Any color of oyster mushroom will work for this recipe (gray, blue, pink, yellow).

## SAUTÉED MUSHROOM AND SUNDRIED TOMATO AVOCADO TOAST

### WHAT YOU NEED

1 tablespoon olive oil  
¼ cup chopped sundried tomatoes  
8 ounces sliced white button mushrooms  
2 ounces chicken stock or water  
½ teaspoon fresh thyme leaves  
¼ teaspoon fine sea salt, optional  
2 avocados  
4 slices toasted bread  
Shaved Parmesan for garnish  
Extra virgin olive oil for garnish

### WHAT YOU DO

Heat the olive oil over medium heat in a medium skillet. Add the sundried tomatoes and cook for 1 minute. Add the mushrooms and stir to coat with any remaining oil.

Carefully add the stock or water. Reduce the heat if necessary to reduce any rising steam. Stir well until the water evaporates and the mushrooms darken and become tender, about 4 minutes. Add the thyme leaves. Add salt if desired, but this may not be necessary if you used a salted chicken stock for the liquid. Set aside to cool.

Halve, pit, and peel each avocado. Gently smash half an avocado over each slice of toast. Top with sundried tomatoes and mushrooms. Garnish with Parmesan cheese and drizzle with olive oil before serving.

**SERVES: 4 | PREP TIME: 20 MINS**



**COOK  
TIME:  
5 MINS**

Substitute  
¼ cup sliced fresh crimini  
or brown mushrooms  
on panini for 2 slices of  
provolone cheese

**BENEFIT:**  
Save calories,  
add nutrients!



**COOK  
TIME:  
15 MINS**

## ASIAN LETTUCE WRAPS

### WHAT YOU NEED

8 ounces fresh mushrooms	½ tsp ground mustard
1 onion, chopped	¼ tsp dried minced garlic
4 cloves garlic	¼ tsp minced onion
1 Tbsp minced ginger	1 red pepper, finely chopped
½ pound lean ground beef	2 Tbsp hoisin sauce
1 Tbsp canola oil	1 Tbsp soy sauce
½ tsp dried thyme leaves	1 Tbsp rice wine vinegar
½ tsp dried oregano leaves	1 head Boston lettuce

### WHAT YOU DO

Place the mushrooms, onion, garlic and ginger in a food processor fitted with a metal blade. Pulse until finely chopped. Add ground beef; pulse until well combined.

Heat the oil in a large, nonstick skillet set over medium-high heat. Add the mushroom mixture and seasoning blend. Cook, stirring often, for 10 minutes until browned.

Stir in red pepper, hoisin sauce, soy sauce and vinegar. Simmer for 5 minutes; remove from heat. Serve in Boston lettuce leaves garnished with shredded carrot and chopped cashews.

**SERVES: 4 | PREP TIME: 15 MINS**

*Pack leftover mushroom mixture and lettuce separately to take for lunch the next day.*

## KALE AND BASIL PESTO ZOODLES WITH MUSHROOMS

### WHAT YOU NEED

2 cups chopped kale leaves  
¼ cup lightly packed basil leaves  
8 Tbsp extra virgin olive oil  
2 garlic cloves chopped  
4 Tbsp freshly grated Parmesan cheese  
2 Tbsp pine nuts  
½ tsp fine sea salt  
8 ounces white button mushrooms, chopped  
3 medium zucchini (about 1 ½ pounds) cut into zoodles  
Fine sea salt to taste

### WHAT YOU DO

Place the kale, basil, and 4 Tbsp of olive oil in a small food processor or the cup of a single serving blender. Pulse in 10 second intervals until all ingredients are combined and the kale is finely chopped.

Add 2 more Tbsp of olive oil, the garlic, 2 Tbsp of Parmesan cheese, pine nuts, and the ½ tsp of sea salt. Pulse in 10 second intervals until all ingredients are finely chopped and transform into a thick dressing.

Heat the remaining 2 Tbsp of olive in a large, deep skillet over medium-high heat. Add the mushrooms and cook for 2 minutes, just until they begin to soften. Add the zoodles and cook 2 to 3 minutes more, just until they begin to become tender.

Pour in the pesto and cook for 1 more minute to heat all ingredients. Garnish with the remaining 2 Tbsp of Parmesan and season with any additional salt to taste before serving

**SERVES: 3-4 | PREP TIME: 30 MINS**



**COOK TIME: 10 MINS**

Mushrooms add depth-of-flavor to foods, without adding a lot of extra fat, calories or sodium



**COOK TIME: 15 MINS**

## ROASTED MUSHROOM AND WHEAT BERRY SALAD WITH ORANGE CURRY VINAIGRETTE

### WHAT YOU NEED

8 ounces white button mushrooms, halved  
1 Tbsp extra virgin olive oil  
½ tsp fine ground sea salt  
¼ tsp ground black pepper  
2 cups cooked wheat berries, warm  
2 green onions, sliced  
2 Tbsp dried cranberries, chopped

### DRESSING

2 Tbsp extra virgin olive oil  
2 Tbsp fresh orange juice  
1 tsp curry powder  
¼ tsp fine ground sea salt

### WHAT YOU DO

Preheat the oven to 400 degrees F.

Place the mushrooms on a baking sheet. Drizzle with the olive oil. Sprinkle with the ½ tsp salt and the pepper. Toss to coat. Bake for 10 minutes. Carefully stir the mushrooms, and bake for 5 more minutes, until tender. Transfer the mushrooms to a medium bowl. Add the wheat berries, green onions, and cranberries. Whisk together all of the dressing ingredients in a small bowl. Pour the dressing over the salad. Toss to mix all ingredients. Serve warm.

**SERVES: 4 | PREP TIME: 10 MINS**