

National Mushroom Month

Mushroom Nutrient Highlights

- Good source of B-Vitamins
 - Riboflavin
 - Niacin
 - Pantothenic Acid
- Contain the antioxidant, selenium
- Offer as much potassium as a tomato
- Provide 3 times the amount of Vitamin D in fortified milk



Stuffed Mushroom Caps

Recipe adapted from www.thespruceeats.com

- 16 oz. mushrooms
- 4 green onions
- 1 clove garlic
- 3 Tbsp. butter
- 1 Tbsp. olive oil
- 1/2 cup breadcrumbs
- 1/4 cup Parmesan cheese
- 2 Tbsp. parsley
- 1/2 tsp. Italian herb blend

- Heat oven to 350 F, grease baking sheet
- Wipe mushroom caps with a damp cloth
- Remove mushroom stems, chop, set aside
- Chop green onions and garlic
- Heat olive oil and butter over medium heat, add chopped mushroom stems, onions, garlic
- Combine stem mixture with remaining ingredients; breadcrumbs, Parmesan cheese, parsley, Italian herbs
- Arrange mushroom caps on baking sheet, fill caps with mixture
- Bake for 15 minutes or until golden brown
- Sprinkle with extra Parmesan cheese, if desired

Enjoy!

Mushrooms are thought of as vegetables, but are actually fungi

They are the only produce that naturally provide Vitamin D



Storage and Prep

Mushrooms are best stored in a paper bag in the fridge

Mushrooms do not need to be washed; simple wipe with a damp cloth or towel

Wipe mushrooms just prior to eating/preparing

