

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Mushrooms



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What food was considered by the Egyptians as a food for royalty ?

### **MUSHROOMS!**

- ◆ Look for firm, moisture-free (not dry), unblemished caps, that are free of mold.
- ◆ Place purchased loose mushrooms in a paper bag in the refrigerator to keep them fresh longer.
- ◆ Make sure to buy mushrooms from a grocery or market. Eating ones that grow in the wild can be very dangerous.
- ◆ Clean mushrooms only when you are ready to use them.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### **Nutrition Facts:**

- Mushrooms can be used to flavor a soup or sauce.
- They contain no fat, cholesterol or sodium.
- A typical serving size is 1/2 a cup, which contains about 20 calories.

### **Did you know ?**

- ◆ There are over 38,000 mushroom varieties. Some are edible but others are toxic!
- ◆ Squeezing a little bit of lemon juice on mushrooms

## **Count it out!**

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Fresh Mushroom Soup

4 Servings

### INGREDIENTS

- ◆ 1½ pounds fresh mushrooms
- ◆ 8 scallions
- ◆ ½ tsp thyme
- ◆ ¼ tsp black pepper
- ◆ 1 Tbsp Dijon mustard
- ◆ ½ cup red wine (optional)
- ◆ 1 quart fat-free no-added-salt chicken broth
- ◆ 1 cup plain non-fat yogurt

### DIRECTIONS

Chop mushrooms and scallions into bite-sized pieces. Place in non-stick Dutch oven and cook with red wine until tender. Add thyme, pepper, mustard, and chicken broth. Bring to a boil and simmer for 15 minutes. Add yogurt, stirring just to blend, and serve. Makes 4 (1½ cup) servings.

### Simple ways to enjoy MUSHROOMS:

☞ Slice and add to salads, omelets, soups, & spaghetti sauce ☞

Make a simple appetizer by removing the stems and placing a small chunk of fresh avocado in the cap



## Apricot Studded Pilaf with Mushrooms

4 servings

### INGREDIENTS

- ◆ 1 Tbsp olive oil
- ◆ 1 cup finely chopped onion
- ◆ 3 cloves minced garlic
- ◆ 8 oz Portobello mushrooms, thickly sliced
- ◆ 1/2 cup sliced carrots
- ◆ 1/2 cup diced green bell pepper
- ◆ 1 cup long-grain brown rice
- ◆ 1/2 cup wild rice
- ◆ 2 cups carrot juice (or orange juice)
- ◆ 1/2 tsp rosemary
- ◆ 1/2 tsp dried sage
- ◆ 1/4 tsp black pepper
- ◆ 1/2 cup diced dried apricots

### DIRECTIONS

In a large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring frequently, for 5 minutes or until onion is golden brown. Stir in mushrooms, carrot, and bell pepper; cover and cook 7 minutes until the vegetables are tender. Stir in brown rice, wild rice, carrot juice, rosemary, sage, black pepper, and 2 cups of water; bring to a boil. Stir in apricots, and cook 45 minutes, or until rice is tender and liquid has been absorbed.

Recipe modified from allrecipes.com & morematters.org

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**