

FABULOUS FUNGI

mushroom

Mushrooms are nutrient-dense and contain a variety of antioxidants. They are also fat-free and low in calories. Fresh mushrooms can be added to everyday dishes to provide an extra serving of vegetables.

DID YOU KNOW?



- Mushrooms are a good source of B vitamins, including riboflavin, niacin and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.
- Because mushrooms contain no chlorophyll, they can't make their own food from the sun; instead, they rely on other plants to support their growth.
- Florida mushrooms are available year-round.

WELLNESS TIP

Whether you're heading off to a spin class, a 5K run or to the gym, it's always important to hydrate with water so you can stay energized and have your best workout.

SHOPPING, PREPARING AND STORING



- Look for unblemished mushrooms with no signs of bruising, tearing or soft spots. The stems should still be intact and the caps firm, not shriveled or dry.
- Store mushrooms unwashed in a paper bag for up to three days. Mushrooms absorb smells, so don't store them next to strong-smelling foods.

COOKING TIPS



- Mushrooms are versatile and can be eaten raw or cooked, whole, sliced or chopped.
- When cooking whole mushrooms, choose a uniform size to ensure they cook at the same rate.

FLORIDA SNAP BEANS AND CARMELIZED ONIONS & MUSHROOMS

serves 6

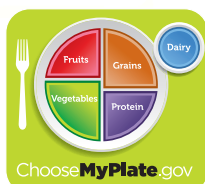
- 2 teaspoons olive oil, divided
- 2 large onions, peeled and sliced
- 1 pound snap beans, stems trimmed
- 4 cloves garlic, minced
- 16 large button mushrooms, rinsed and sliced
- 2 tablespoons Worcestershire sauce
- 1 tablespoon unsalted butter
- Salt and pepper, to taste



1. Preheat a large sauté pan over medium-high heat. Add 1 teaspoon olive oil to the preheated sauté pan.
2. Add sliced onions to pan and cook them for 3 to 5 minutes until almost caramelized.
3. Add the snap beans and garlic to the pan and continue to cook ingredients for another 3 to 4 minutes until the snap beans are almost to desired tenderness.
4. Add mushrooms, Worcestershire sauce and butter. Cook another 2 minutes.
5. Taste and adjust seasoning with salt and pepper to taste. Remove from heat and serve warm.

Recipe provided by Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 99; Total Fat: 4 g; Saturated Fat: 1.5 g;
Total Carbohydrates: 14 g; Protein: 4 g; Sodium: 356 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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