



mushrooms.canada

MUSHROOMS



Calendar *2011*



Mushroom Soup Au Gratin

January 2011

In a large heavy saucepan heat 2 tbsp oil over medium high heat; sauté 12 oz of sliced assorted mushrooms (white, crimini, oyster, shiitake, portabella), 1 small onion and 1 clove of garlic about 3-4 minutes or until lightly browned. Add 6 cups of chicken broth, 1 tsp finely grated lemon rind, 1/4 tsp ground nutmeg and 1/4 tsp pepper. Bring to a boil; reduce heat and simmer, covered for 20 to 30 minutes.

Ladle soup into 4 deep ovenproof bowls. Float a slice of french bread on top; sprinkle with 1 oz of Swiss cheese and Parmesan if using. Place under broiler until bubbly and lightly browned. Makes 4 servings

Variation: Add 1/2 cup (125 mL) dry white wine with the chicken broth.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Adding mushroom makes a difference

Add 1/2 cup white button mushrooms to your omelet or scrambled eggs instead of 1/2 cup cheddar cheese.
Benefit: save 349 mg sodium and get twice the potassium (111 mg).

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Mushroom Pesto Fettuccine

February 2011

Cook 12 oz dry fettuccine according to package directions; meanwhile in large skillet heat 2 tbsp olive oil over medium heat. Sauté 1 lb sliced mushrooms and 1 cup red chopped onions for 4-5 minutes or until lightly browned; reduce heat and stir in 2 cloves or minced garlic, 1 small bottle of prepared pesto sauce and 1/4 tsp of salt, heat just until warm. Add drained, hot pasta and toss to coat well; taste and add a little more salt if not garnishing with Parmesan cheese. Serve hot or at room temperature. Garnish with cheese if desired and toasted pine nuts. Makes 4 servings.

* It is always a good idea to save a little of the pasta water to thin out the pesto if it is thick.



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Adding mushroom makes a difference

Toss ½ cup sliced crimini mushrooms into pasta sauces instead of lean ground beef.
Benefit: save 297 calories, 19 grams of fat and 7 grams of saturated fat



Five Spice Pork and Mushrooms

March 2011

Mix 3 tbsp of oyster sauce, 2 tbsp of corn flour, 1/2 tsp Chinese five spice, and a little salt and pepper together in a bowl, add 1 lb of sliced pork loin steaks and mix well. Heat a wok or large frying pan over a high heat and add the 2 tbsp olive oil. Add the pork and stir-fry for 3-4 mins until golden brown.

Add 2 cloves of crushed garlic, 1 inch piece grated gingerroot and 1 tsp crushed chilli flakes and stir fry for 30 secs. Add 2 carrots cut into fine sticks, 6 oz bak choy, and 8 oz large sliced white mushrooms, and 5 oz of sliced shiitake mushrooms, and stir fry for 2 mins.

Add 2 tbsp dark soy sauce, 2 tbsp rice wine and 1/2 pint of chicken stock. Bring to the boil and simmer for 1 min. Stir in 1 tbsp of corn flour mixed with 2 tbsp of water and cook for a further 1 min, stirring until the sauce thickens. Sprinkle with sliced green onions and serve with Jasmine rice.

Recipe courtesy of The Mushroom Bureau.



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Provencal Poached Salmon

April 2011

In large 12-inch (30 cm) non-stick skillet, heat 1 tbsp olive oil over medium heat. Sauté 12 oz of thick sliced mushrooms (crimini, white, shiitake) and 1/2 cup chopped onions 3-5 minutes or until just starting to brown. Add 1/2 cup of chicken broth or dry white wine, 2 medium chopped tomatoes, 1/4 tsp salt, 1/4 tsp pepper and 1/2 tsp (2 mL) herbes de Provence; bring to boil. Arrange 4 salmon fillets in single layer on top; sprinkle 1 tsp herbes de Provence evenly on salmon. Reduce heat to low, cover and simmer over for 10 minutes or until fish flakes readily with a fork. Spoon 2 cups of mashed potatoes onto dinner plates; flattening slightly. Top with salmon and spoon mushroom sauce over all. Sprinkle with chopped parsley or pea sprouts if desired. Makes 4 servings.

Mashed Potatoes: Peel and quarter 4-5 medium Yukon Gold potatoes. Place in 1.5 L microwave bowl with about 1/4 cup water. Cover and microwave on HIGH, about 10 minutes, stirring once, or until tender. Drain. Mash potatoes with 1/4 cup light sour cream; mix well. Season to taste with salt and pepper.



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Essential Nutrients

A half-cup serving of cooked sliced mushrooms has a mere 14 calories, virtually no fat, 1 gram of fibre and is a source of phosphorus, potassium, copper, selenium, niacin and pantothenic acid. Mushrooms are also a good source of riboflavin, and are the only vegetable with natural *Vitamin D*.

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Mushroom Taco Mac

May 2011

Add 4 1/2 cups of water to pot and bring to a boil. Add 1 1/2 cups dried whole grain elbow pasta, cook uncovered for 10-13 minutes, or until pasta has reached desired firmness.

While pasta is cooking, heat a sauté pan on medium, add 1 tbsp olive oil and swirl to coat the bottom of pan. Add 8 oz sliced or quartered white button mushrooms and 2 tsp of taco seasoning mix, sauté 5 minutes.

When pasta is done, drain water and return to pot. Heat on low for 2 minutes or less while stirring in 1/2 cup prepared salsa, mushrooms and another 2 tsp of taco seasoning mix.

Divide into four portions, top each with 1/4 cup of shredded cheese.

Recipe courtesy of the Mushroom Council and mushroominfo.com



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Barbecued Mushroom & Spinach Pizzettes

June 2011

In a small bowl whisk 3 tbsp of olive oil and 2 cloves of crushed garlic together, lightly brush 4 large portabella mushrooms, on both sides, with garlic oil. Barbecue mushrooms on high heat for 2-3 minutes per side or until mushrooms are slightly softened. Meanwhile place 4 (6-7 inch) whole wheat pitas on the barbecue over high heat and cook for 2 minutes on one side or until warmed through. Remove to a tray or cutting board and spread softer side with the 2 tbsp of prepared sun-dried tomato pesto. Top with a handful of fresh spinach leaves, and then warm mushrooms, stem side up. Return to barbecue and cook for additional 2-3 minutes or until slightly crisp. Garnish with Parmesan shavings. Cut in halves or quarters and serve immediately. Add pepper to taste. Makes 4 servings.

Tips:

- Thinner pitas will crisp better than thicker ones.
- To shave Parmesan easily use a vegetable peeler. Shaved Parmesan is most attractive but if substituting grated Parmesan $\frac{1}{4}$ cup (50 mL).



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Chophouse Caesar Salad

July 2011

Blend together 1/4 cup of lemon juice, 1 tbsp honey, 2 cloves of minced garlic, 1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp basil and 1/2 tsp oregano. Toss half of the mixture with 3 boneless chicken breasts cut into pieces. Toss the remaining mixture with 1 lb. of mixed mushrooms (crimini, white, portabella, shiitake).

In a nonstick skillet, melt 1 tbsp of margarine over medium-high heat. Cook the chicken for 5 to 7 minutes or until browned and no longer pink inside. Transfer to a plate and set aside. Melt 1 tbsp of margarine in the same skillet. Cook the mushrooms for 7 to 8 minutes or until golden and all liquid has evaporated.

Drizzle caesar salad dressing over the bottom of a large platter. Arrange 1 bag of pre-washed lettuce, 1/4 cup of croutons, mushrooms, chicken, 1/2 cup roasted red peppers, 1/2 cup cubed mozzarella and 1/4 cup sliced onion on the platter in a symmetrical pattern. Drizzle top with caesar dressing. Makes 4 servings.

Per serving: 474 cal, 27 g fat, 38 g pro, 24 g carbs, 4 g fibre, 1,039 mg sodium.
 Recipe courtesy of March 2008 Right Choice Recipe Booklet and Canadian Living.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Adding Mushroom Makes a Difference

Add 1 cup sliced white button mushrooms to egg dishes instead of 1/2 cup shredded cheddar.
 Benefit: save 213 calories, 18 g fat, 12 g saturated fat, 353 mg sodium

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Homegrown Ontario Turkey With Mushrooms August 2011

Preheat oven to 275°F (140°C). Season 1 lb. of turkey cutlets/scaloppini with 1/4 tsp salt and 1/4 tsp pepper. In large, heavy skillet, heat 1 tbsp olive oil over medium-high heat. In batches, brown cutlets on both sides until just cooked through, about 3 minutes per side. Transfer to plate and keep warm in oven while making sauce.

In same skillet, cook 1 clove minced garlic and 1 minced shallot until softened and tender, about 3 minutes. Stir in 2 cups chopped mixed mushrooms (white, crimini, shiitake, portabella, oyster) and 1/4 tsp salt and 1/4 tsp pepper, cook until mushrooms are golden brown and no liquid remains, about 5 minutes. Pour in 1/2 cup of white wine and stir often, until reduced by half; add 1/2 cup of chicken broth and 1/2 minced flat leaf parsley. Cook until slightly thickened, about 3 minutes. To serve, spoon sauce over cutlets. Makes 4 servings.

*Note: If you do not have white wine, substitute with 1/2 cup (125 mL) of chicken broth.

Recipe courtesy of Homegrown Ontario, www.homegrownontario.ca



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Oven Roasted Mushrooms and Vegetable Salad

September 2011

Place 1.5 lb. of medium fresh mushrooms in a large bowl with 1 large onion cut into wedges. Add 4 tbsp olive oil; sprinkle with salt and pepper to taste. Toss well. Arrange in a single layer on large shallow baking pan and roast uncovered on bottom shelf in 400°F (200°C) oven for 15 minutes; stir and continue to roast for another 15 –20 minutes. Meanwhile cut 1 medium zucchini in half lengthwise and then crosswise in 1”(2.5 cm) pieces and place in the same bowl and add 6 fresh plum tomatoes; toss with 4 tbsp olive oil and salt and pepper to taste. Place tomatoes cut side up on another baking sheet with zucchini and roast in oven with mushrooms for 15-20 minutes or until softened and sizzling. Remove vegetables from oven and spoon into large serving bowl. In measuring cup combine 1/4 cup balsamic vinegar, 2 tsp dried basil, 3 cloves crushed garlic, a pinch of hot pepper flakes and pour over warm vegetables. Toss lightly; serve at room temperature as side dish or on grilled polenta for main course. Makes 6 side servings.

* Substitute 4 ripe medium tomatoes on the vine, quartered for plum tomatoes.



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Did you know...

Mushrooms are the only vegetable with natural vitamin D. Eating fresh mushrooms is one way to add more D to your diet.

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Mushroom, Chicken and Leek Pot Pie

October 2011

Cut 1 lb. of boneless, skinless chicken into 3/4-inch (2 cm) cubes. In large non-stick saucepan or deep skillet, heat 1 tbsp (15 mL) of olive oil over medium-high heat. Cook chicken until lightly browned but still pink inside, about 3-4 minutes. Spoon into 6 cup (1.5 L) baking dish or deep pie plate.

Reduce heat to medium and add 1 tbsp olive oil to same pan. Sauté 2 large sliced leeks (white part only), 1 lb. sliced mushroom and 1 tbsp dried tarragon for 2-3 minutes; cover and cook about 3 minutes or until vegetables are softened. Sprinkle in 2 tbsp flour and stir to blend. Gradually stir in 3/4 cup of chicken stock, 1/2 tsp salt and 1/4 tsp pepper. Bring to boil and stir until thickened, about 3 minutes. Spoon mixture over chicken. Invert 1 9 inch deep dish pie shell, thawed, over casserole pressing pastry edge to baking dish and crimp or flute the edges. Cut 3-4 slits in pastry. Bake in 425°F (220°C) oven for 20 to 25 minutes or until bubbly and pastry is brown. Makes 4 servings.



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Adding mushroom makes a difference

Layer ½ cup sliced grilled portabella mushrooms onto sandwiches instead of 3 oz. Salami.
Benefit: save 336 calories, 30 g fat, 11 g saturated fat, 1582 mg sodium

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Warm Mushroom Dip with Baked Pita Crisps

November 2011

In large skillet melt 2 tbsp of butter over medium heat; stir in 1 lb. finely chopped fresh mushrooms, 2 tsp lemon juice, 2 cloves of minced garlic and 1 medium finely chopped onion sauté until tender and the liquid given off by the mushrooms has evaporated, about 5 –7 minutes. Reduce heat to simmer; mix in 1 cup light sour cream, 2 tsp dried dillweed, 1 tsp paprika, 1/2 tsp salt and 1/4 tsp pepper and simmer until slightly thickened and warm. Serve warm with pita crisps, multigrain, low fat crackers or breadsticks. Makes 1 cup or 16 servings.

Tip: Substitute 2 tbsp(25 mL) fresh minced dill for the dried and garnish with fresh dill sprigs.

Baked Pita Crisps - Cut 2 whole wheat pita breads in half horizontally with scissors or serrated knife. Cut each half into 8 triangles. Arrange in single layer on cookie sheet; bake in 400°F(200°C) for 8-10 minutes or until lightly browned.



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Mushroom Beef Bourguignon

December 2011

Pan-fry 4 sliced of bacon, diced, in Dutch oven or heavy stockpot over medium-high heat until lightly browned. Remove bacon and set aside. Sauté 2 medium onions that have been sliced lengthwise and 8 oz halved crimini mushrooms in bacon fat until just browned. Remove vegetables and set aside.

Brown 2 lb. of stewing beef cubes, in batches and adding some vegetable oil if necessary. Sprinkle 3 tbsp of flour over meat. Add 3 cloves minced garlic, 1½ cups wine, 1½ cups broth, 1 bay leaf, 1 tsp dried thyme, 1/2 tsp salt and 1/2 tsp pepper. Cook, covered in 325°F (160°C) oven for 2 hours. Add reserved bacon, onions and mushrooms; cook for 30 minutes. Makes 6 servings.

TIP: With this dish, you're free to enjoy the company as dinner slowly simmers in the kitchen. In fact, you can even make the stew the day before and simply reheat it in the slow cooker, oven or microwave. And here's the big bonus – stew actually tastes better when made the day ahead.

Recipe courtesy of Beef Information Centre, www.beefinfo.org.



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Did you know...

One medium portabella mushroom has more potassium than a banana. Potassium is very important, along with sodium, it regulates water balance and acid-base balance in the blood and tissues.

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