



Hot and Sour Mushroom Soup

Ingredients

2 cups reduced sodium chicken broth	500 mL
8 oz sliced fresh Mushrooms (white, oyster, or crimini)	250 g
1/2 tsp finely grated lime rind	2 mL
3 tbsp fresh lime juice	45 mL
2 tbsp fish sauce	25 mL
1/2 tsp Asian chili paste	2 mL
1 oz rice vermicelli noodles, broken in pieces (about 1 cup/500 mL)	30 g
2 green onions, thinly sliced	2

Method

In medium saucepan bring broth to boil, add mushrooms, lime rind and juice, fish sauce and Asian chili paste. Cover and cook over medium heat 5 minutes or until mushrooms are tender. Stir in rice noodles and bring to boil for 1- 3 minutes or according to package directions. Serve in bowls garnished with green onions. Makes 2 servings

Variations: Omit noodles and spoon over cooked jasmine rice in bowls. For a main course add diced cooked chicken, medium tofu or small shrimp with noodles.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5  Mushroom Monday! Try our Hot and Sour Mushroom Soup	6	7	8	9	10
11	12  Mushroom Monday!	13	14	15	16	17
18	19  Mushroom Monday!	20	21	22	23	24
25	26  Mushroom Monday!	27	28	29	30	31



Baked Mushroom and Leek Risotto

Ingredients

- 1 leek
- 2 tsp olive oil
- 2 garlic cloves, minced
- 2 cups chicken or vegetable broth
- 1 cup arborio rice
- 1/3 cup dry white wine or broth
- 1/4 tsp salt
- 1/8 tsp freshly ground pepper
- 8 oz fresh shiitake **Mushrooms**
- 1/4 cup table cream (18%)
- 2 tbsp chopped fresh Italian parsley
- 1 oz Parmesan cheese, shaved (about 1/3 cup/75 mL)

Method

Cut dark green tops and root off leek; halve lengthways, wash and thinly slice. Heat 1 tbsp (15 mL) oil in a large, deep skillet or saucepan over medium heat. Add leek and garlic; cook, stirring occasionally, for 5 minutes or until the leeks are soft. Meanwhile, bring the broth to boil in a medium saucepan over high heat or in microwave. Stir rice into the leek mixture; cook over medium heat for 1-2 minutes. Stir in wine, salt and pepper; cook about 1-2 minutes. Transfer mixture to covered 2 qt (2 L) oven-proof casserole or baking dish. Stir hot broth into rice mixture; cover and bake in 400°F (200°C) oven for 20 minutes.

Meanwhile, remove stems from mushrooms, rinse quickly in cold water, pat dry, and slice. Heat remaining 1 tbsp (15 mL) oil in same skillet or saucepan over medium-high heat. Add mushrooms, cook, stirring often, for 5 minutes or until just lightly browned. Set aside and cover to keep warm. Remove risotto from the oven; stir in cream, mushrooms and parsley. Cover and let stand for 5 minutes. Spoon into bowls and serve immediately garnished with shaved Parmesan cheese. Makes 2 main course or 4 side servings.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mushroom Monday! Try our Baked Mushroom and Leek Risotto	3	4	5	6	7
8	9 Mushroom Monday!	10	11	12	13	14
15	16 Mushroom Monday!	17	18	19	20	21
22	23 Mushroom Monday!	24	25	26	27	28



Sweet & Spicy Stir-Fried Mushrooms

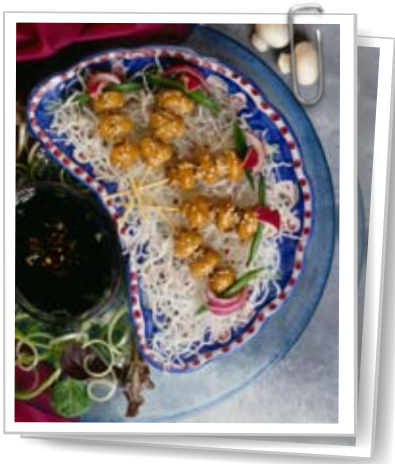
Ingredients

2 tbsp soya sauce	25 mL
1 tbsp each oyster sauce and honey	15 mL
¼-½ tsp hot red pepper flakes	1-2 mL
1 tbsp sesame seeds	15 mL
2 tbsp vegetable oil	25 mL
1½ lb. fresh, medium white and crimini Mushroom caps	750 g

Method

In a small bowl or measuring cup, combine the soya sauce, oyster sauce, honey and red pepper flakes; set aside. Heat a large wok or skillet over medium high heat; add the sesame seeds and cook, stirring constantly, for 1-3 minutes or until golden brown. Remove to a plate and set aside. Add the oil to the wok and heat over medium high heat until hot. Add the mushrooms and stir-fry for 1-2 minutes or until starting to brown. Stir in soya sauce mixture and sesame seeds; stir-fry for 2-3 minutes or until mushrooms are well coated and just tender. Serve sprinkled with green onions if desired. Makes 6 servings.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mushroom Monday! Try our Sweet & Spicy Stir-Fried Mushrooms	3	4	5	6	7
8	9 Mushroom Monday!	10	11	12	13	14
15	16 Mushroom Monday!	17	18	19	20	21
22	23 Mushroom Monday!	24	25	26	27	28
29	30 Mushroom Monday!	31				



Mushroom & Vegetable Satays

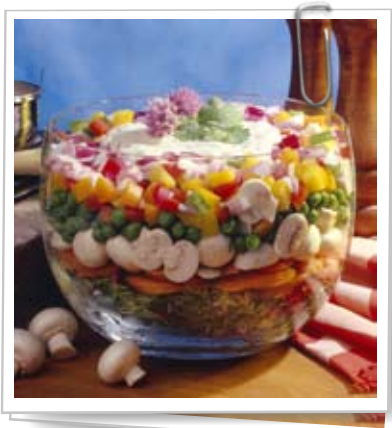
Ingredients

1/3 cup fresh lemon juice
 3 tbsp each liquid honey and soy sauce
 1½ tbsp grated fresh ginger
 1 large clove garlic, minced
 32 medium **Mushrooms** (about 1 lb/500g)
 8 bamboo skewers (about 8 7/20 cm)
 1/2 small red or sweet onion, cut into wedges
 24 sugar snap or snow peas (about 4 oz/125 g)
 Sesame seeds and/or peanut sauce (optional)
 Noodles

Method

75 mL In large mixing bowl, whisk together lemon juice, honey, soy sauce, ginger
 45 mL and garlic. Stir in whole mushrooms until coated. Marinate at room
 22 mL temperature 30–60 minutes, stirring occasionally. Meanwhile soak
 1 bamboo skewers in water for 30 minutes. Separate red onion wedges into
 32 individual layers. Remove mushrooms, reserving marinade in small
 8 saucepan. Thread mushrooms, alternating with onion wedges and sugar
 1 peas, onto wooden skewers, Broil under preheated broiler about 3 minutes
 on each side. Meanwhile cook noodles as directed on package and heat
 24 marinade until boiling for 1-2 minutes or until thickened slightly. Serve
 skewers on cooked noodles. Drizzle sauce over noodles and sprinkle with
 sesame seeds if desired. Makes 8 skewers.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Mushroom Monday! Try our Mushroom & Vegetable Satays	7	8	9	10	11
12	13 Mushroom Monday!	14	15	16	17	18
19	20 Mushroom Monday!	21	22	23	24	25
26	27 Mushroom Monday!	28	29	30		



Mushroom Layered Salad

Ingredients

4 cups mixed salad greens or spinach 1 L
 1 cup thinly sliced carrots 250 mL
 1 lb sliced fresh **Mushrooms** 500 g
 1 cup cooked fresh or frozen green peas 250 mL
 1 cup Each chopped sweet peppers and red onion 250 mL

Dressing:

½ cup light mayonnaise 125 mL
 ¼ cup 2 % yogurt 50 mL
 ¼ cup lemon juice or white wine vinegar 50 mL
 ¼ cup grated Parmesan cheese 50 mL
 ¼ tsp ground pepper 2 mL

Method

In 3.5 qt /3.5L salad bowl, arrange layers, starting with salad greens, carrots, mushrooms, peas, peppers and onion. In small bowl, combine mayonnaise, yogurt, lemon juice, Parmesan and pepper. Spread over top of salad. Cover with plastic wrap and store in refrigerator several hours or overnight. Toss before serving. Makes 8 servings.

Tip: Vary the vegetables according to the summer season and add cooked bacon bits with onions if desired.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Mushroom Monday! Try our Mushroom Layered Salad	5	6	7	8	9
10	11 Mushroom Monday!	12	13	14	15	16
17	18 Mushroom Monday!	19	20	21	22	23
24	25 Mushroom Monday!	26	27	28	29	30
31						



Barbecued Mushroom & Spinach Pizzettes

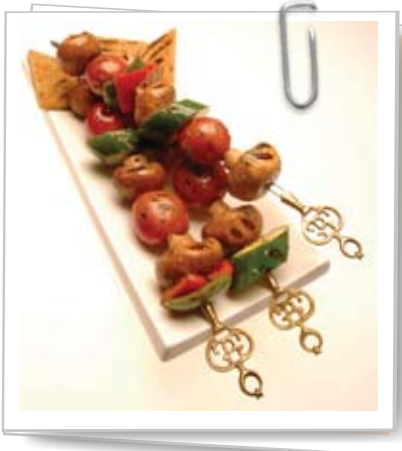
Ingredients

- 3 tbsp olive oil 45 mL
- 2 cloves garlic, crushed 2
- 4 large fresh Portabella **Mushroom** caps 4
- 4 6-7" (15-17cm) whole wheat pita breads 4
- 1/3 cup sun-dried tomato pesto 75 mL
- 4 cups baby spinach or arugula leaves (2oz/60g) 1 L
- 1/2 cup shaved Parmesan or Romano cheese 125 mL
- Fresh ground black pepper to taste

Method

In a small bowl whisk oil and garlic together, lightly brush the 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 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 tomato pesto. Top with 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. Serves 4.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mushroom Monday! Try our Barbecued Mushroom & Spinach Pizzettes	2	3	4	5	6
7	8 Mushroom Monday!	9	10	11	12	13
14	15 Mushroom Monday!	16	17	18	19	20
21	22 Mushroom Monday!	23	24	25	26	27
28	29 Mushroom Monday!	30				



Marinated Mushroom & Veggie Kabobs

Ingredients

- 1/4 cup olive oil 50 mL
- 2 tbsp white wine or herb flavoured vinegar 25 mL
- 2 tsp dried tarragon leaves 10 mL
- 2 cloves garlic, minced 2
- 1/2 tsp ground black pepper 2 mL
- 16 large fresh Mushroom caps 16
- 12 mini red potatoes* 12
- 1 large red or green pepper, seeded and cut into 1"(2.5cm) pieces 1
- 2 medium zucchini, cut into 1"(2.5cm) chunks 2

Method

In large bowl, whisk together oil, vinegar, tarragon, garlic and pepper; stir in mushrooms, potatoes, peppers, and zucchini to marinade. Marinate at least 30 minutes or up to 4 hours, tossing occasionally. Thread mushrooms, potatoes, peppers and zucchini alternately onto metal skewers; reserve any marinade. Grill or broil kabobs over medium high heat, turning several times and brushing with reserved marinade, about 12-15 minutes or until potatoes are tender. Makes 4 Servings

*Mini potatoes are about 1-1½" (2.5-3.5 cm); if not available cut small potatoes in half or quarters and precook for 2-3 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Mushroom Monday! Try our Marinated Mushroom & Veggie Kabobs	7	8	9	10	11
12	13 Mushroom Monday!	14	15	16	17	18
19	20 Mushroom Monday!	21	22	23	24	25
26	27 Mushroom Monday!	28	29	30	31	



Marinated Portabella Burgers

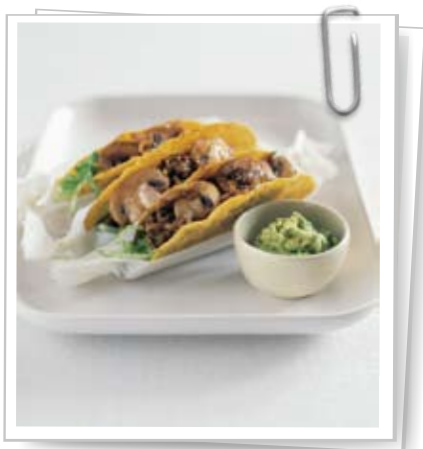
Ingredients

4 large fresh portabella Mushroom caps	4
1/2 cup red dry wine or balsamic vinegar	125 mL
2 tsp minced garlic	10 mL
1/4 cup olive oil	50 mL
1/2 tsp Each dried thyme, rosemary, salt and pepper	2 mL
1/4 cup honey Dijon mustard	50 mL
4 whole wheat or multigrain hamburger or Kaiser buns	4
2 medium roasted red sweet peppers,* halved	2
4 small lettuce leaves	4

Method

Place mushrooms in resealable plastic bag; in a measuring cup or small bowl. Mix wine, garlic, oil, thyme, rosemary, salt and pepper. Pour over mushrooms and seal the bag. Marinate at room temperature for 1- 2 hours, turning occasionally. Remove from marinade and broil or cook on hot barbecue for 3-5 minutes on each side or until warmed through and softened. Halve the buns and toast or warm on grill; spread cut side of buns with mustard; place lettuce on bottom half of buns, top with grilled mushrooms, roasted red pepper halves and top half of bun. Serves 4. *Roasted red peppers are available in jars or in some deli sections of supermarket.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Mushroom Monday! Try our Marinated Portabella Burger	4	5	6	7	8
9	10 Mushroom Monday!	11	12	13	14	15
16	17 Mushroom Monday!	18	19	20	21	22
23	24 Mushroom Monday!	25	26	27	28	29
30	Mushroom Monday! 31					



Mushroom & Veggie Tacos

Ingredients

2 tbsp olive oil	25 mL
1 medium onion, finely chopped	1
1 large carrot, peeled and grated	1
1 medium zucchini, grated	1
1 lb. sliced fresh Mushrooms	500 g
1 (35g) envelope reduced salt taco seasoning mix	1
1/4 cup water	50 mL
12 taco shells, warmed	12
4 romaine or iceberg lettuce leaves, thinly sliced	4

Garnish: finely diced tomato (optional)

Method

Heat the oil in a large non-stick frying pan over medium-high heat. Add onion and mushrooms; cook and stir for 3-4 minutes or until lightly browned. Add carrot, zucchini, taco seasoning mix and water, cook and stir to mix well. Lower heat to medium, cover and cook about 4 minutes or until vegetables are tender. Uncover and bring to boil until juices evaporate. To serve, place about 1/4 cup (50 mL) filling in each taco shell and top with lettuce and garnish with tomato if desired.

Makes 12 tacos.

Tips: To save time, buy pre-sliced mushrooms and grate carrot and zucchini in food processor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7  Mushroom Monday! Try our Mushroom & Veggie Tacos	8	9	10	11	12
13	14  Mushroom Monday!	15	16	17	18	19
20	21  Mushroom Monday!	22	23	24	25	26
27	28  Mushroom Monday!	29	30			



Mushroom & Squash Bisque


Ingredients

1 tbsp butter	15 mL
1 cup Each chopped onion and carrot	250 mL
1/2 lb. sliced fresh white Mushrooms (about 3 cups/750 mL)	500 g
2 cups peeled, cubed squash	500 mL
3 cups chicken broth	750 mL
1/2 cup evaporated milk (or light cream)	125 mL
1/2 tsp salt	2 mL

Method

In large (8 cup/2L) microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave at high for 8-10 minutes or until vegetables are tender, stirring once. Transfer half the vegetables and half the broth to blender or food processor; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high for 5-7 minutes or until heated through. Garnish with sour cream swirl and basil if desired. Makes 8 servings.

Variation: In large saucepan combine butter, vegetables and broth. Bring to boil; lower heat, cover and simmer 10-12 minutes or until vegetables are tender. Add milk and purée as directed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5  Mushroom Monday! Try our Mushroom & Squash Bisque	6	7	8	9	10
11	12  Mushroom Monday!	13	14	15	16	17
18	19  Mushroom Monday!	20	21	22	23	24
25	26  Mushroom Monday!	27	28	29	30	31



Mushroom Scalloped Potatoes

Ingredients

2 tbsp butter	25 mL
1 lb. sliced fresh Mushrooms	500 g
4 large green onions, chopped	4
2 tbsp all-purpose flour	25 mL
2¼ cups milk	550 mL
4 oz. cream cheese, cubed	125 g
1/4 tsp Each nutmeg, salt and black pepper	1 mL
4-6 cooked, peeled potatoes (2lb/1kg)	4-6
1¼ cup fresh breadcrumbs	300 mL
1¼ cup grated Cheddar or Swiss cheese	300 mL

Method

Melt butter in large saucepan over medium heat. Stir in mushrooms and onions; cook, covered until tender, about 5 minutes. Stir in flour. And then gradually stir in milk, cream cheese, nutmeg, salt and pepper. Bring to boil, stirring constantly; cook until smooth and thickened. Pour into greased 8-cup (2 L) baking dish. Cut potatoes into ¼”(6mm) slices and fold into sauce. Sprinkle breadcrumbs and cheese on top. Bake in 350°F (180°C) oven 25 minutes or until hot and bubbly. Makes 6 servings.

Tip: For convenience cook potatoes a few days before. Cook potatoes until tender but firm; cover and cool or chill before slicing. Don't peel the potatoes, you will not only save time but nutrients as well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mushroom Monday! Try our Mushroom Scalloped Potatoes	3	4	5	6	7
8	9 Mushroom Monday!	10	11	12	13	14
15	16 Mushroom Monday!	17	18	19	20	21
22	23 Mushroom Monday!	24	25	26	27	28
29	30 Mushroom Monday!					



French Mushroom Soup

Ingredients

1/4 cup butter	50 mL
1 lb. fresh Mushrooms , thinly sliced	500 g
1/3 cup flour	75 mL
6 cups chicken broth	1.5 L
1/2 tsp dried thyme leaves	2 mL
1 bay leaf	1
1/4 cup chopped green onions	50 mL
2 large egg yolks	2
1/2 cup whipping cream	125 mL
White pepper to taste	
2 tbsp minced parsley	25 mL

Method

In large heavy soup pot, melt butter over medium heat; sauté mushrooms for 5-6 minutes or until mixture from mushrooms has evaporated; sprinkle flour over mushrooms and cook 1 minute. Gradually stir in broth; bring to boil, stirring constantly. Add thyme, bay leaf and green onions; reduce heat and cover. Simmer 15- 20 minutes. Remove bay leaf. In small bowl whisk egg yolks with cream; stir 1cup (250 mL) hot broth into cream mixture and then return all to saucepan. Heat over low heat until hot about 5 minutes; add pepper to taste. Serve sprinkled with parsley. Makes 8 servings.

NOTE: If table cream is substituted and allowed to boil it will curdle.

Variation: Add ¼ cup(50 mL) medium sherry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Mushroom Monday! Try our French Mushroom Soup	8	9	10	11	12
13	14 Mushroom Monday!	15	16	17	18	19
20	21 Mushroom Monday!	22	23	24	25	26
27	28 Mushroom Monday!	29	30	31		