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# Fresh. Simple. Good.

## **Quick and Simple “What’s For Dinner?” Solution**

*Mushrooms Make Meal Planning Easy*

Busy all day at work and more to do at home, today’s meal planners face the daily question, “what’s for dinner?” In no time at all, it’s easy to make a delightful supper with fresh mushrooms. Mushrooms are available any time of year and make a great addition to any meal, particularly supper.

An easy recipe, for a family on the go, is simple sautéed mushrooms. Start by adding two tablespoons of extra virgin olive oil, or vegetable oil to a non-stick skillet over medium-high heat. Add 8 oz of sliced or whole mushrooms, any variety you like. Toss occasionally for 3-4 minutes until the mushrooms are tender. Season with herbs, salt and garlic if desired. Place on top of a salad, mix in with a favorite pasta or put in a stir-fry on top of rice.

It’s fast, easy, fresh, simple and good for your family. Mushrooms are “what’s for dinner” tonight!

*For more Fresh. Simple. Good. Mushroom recipes visit [www.mushrooms.ca](http://www.mushrooms.ca).*

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## **MUSHROOMS – The Amazing Ingredient For a Healthy Diet**

It's surprising that something as simple and delicious as a mushroom is also beneficial to your good health. Mushrooms are cholesterol-free, low in calories, fat and carbohydrates and contain no trans fats. Mushrooms also contain an extensive list of essential vitamins and minerals such as riboflavin, thiamin, niacin, folate, Vitamin D and Selenium. Most Canadians are unaware of the dietetic benefits of Canadian mushrooms.

Two important nutrients in mushrooms are Vitamin D and Selenium. Health professionals tell us we don't get enough Vitamin D in our diets and mushrooms are a great source of Vitamin D. Vitamin D is the most prominent vitamin found in mushrooms. Vitamin D assists in the absorption of dietary calcium, and plays an important role in the prevention of osteoporosis.

Another important nutrient is Selenium. Selenium is an essential mineral that works with Vitamin E to produce antioxidants that help to prevent cell damage from free radicals. Free radicals are natural by-products of oxygen metabolism. It is these free radicals that can cause chronic diseases such as cancer and heart disease. One serving of mushrooms provides about 10% of the recommended daily value for selenium.

Mushrooms play a large part in weight control because mushrooms have no trans fat, contain no cholesterol and are low in carbohydrates. They are simple to prepare and good to eat. Mushrooms add essential nutrients to any meal without adding calories.

Overall, mushrooms not only taste great, but also help maintain healthy bodies. Another reason to incorporate fresh mushrooms into your dinner! Start with either of these recipes below for a great mushroom dinner tonight, tomorrow and beyond!

*\*\*insert picture of mushroom varieties in this article\*\**

*\*\*recipes go with this article above\*\**

## ***Pasta with Mushrooms, Tomatoes and Basil***

\*\* insert picture in this article\*\*

For a fast, flavourful vegetarian dinner, make this easy to-prepare pasta dish, featuring  
**Canadian Mushrooms**...available year 'round.

**Preparation Time:** 10 minutes      **Cook Time:** 10 minutes

1/2 lb	penne or short pasta (2cups/500 mL)	250 g
2 tbsp	olive oil	25 mL
3	large cloves garlic, minced	3
1 lb	whole petite <b>Canadian Mushrooms</b>	500 g
2 ½ cups	chopped ripe tomatoes (2 large)	625 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
¼ cup	chopped fresh basil	50 mL
	Grated Parmesan cheese to taste	

Cook pasta in boiling salted water according to package directions; drain. Meanwhile in large non-stick skillet, heat oil over medium high heat; sauté mushrooms with garlic 3 to 5 minutes or until lightly browned. Add tomatoes, salt and pepper; sauté 2 to 3 minutes or just until softened. Add basil and drained pasta; toss to mix well. Sprinkle with Parmesan cheese if desired and garnish with basil leaves.

Makes 4 servings.

**Tip:** Cut mushrooms in half if they are a little large.  
Use whole-wheat pasta for more fibre

## ***Warm Mushroom and Chicken Salad***

**\*\*insert picture in this article\*\***

A stir-fry that becomes a salad with the addition of warm vinaigrette dressing that enhances the flavours. For added pizzazz, top salad with crumbled goat cheese.

**Preparation Time:** 10 minutes      **Cooking Time:** 10 minutes

½ cup	chicken or vegetable broth	125 mL
¼ cup	balsamic vinegar	50 mL
2	large cloves garlic, minced	2
1 lb	boneless, skinless chicken breasts	500 g
¼ cup	vegetable oil, divided	50 mL
1 ½ tsp	EACH coriander and cumin	7 mL
1 lb	sliced <b>Mushrooms</b> ,	500 g
½ cup	EACH thin carrot and red pepper strips (2”/5 cm)	125 mL
	Freshly ground black or cayenne pepper to taste	
6 cups	mixed salad greens	1.5 L
	Crumbled goat cheese (optional)	

In a measuring cup or small bowl combine broth, vinegar and garlic, set aside for vinaigrette. Cut chicken into ½” (2.5 cm) cubes. In large non-stick skillet, heat 2 tbsp (25 mL) oil with coriander and cumin over medium to high heat. Sauté chicken about 3 minutes. Add remaining oil and mushrooms, carrot and red pepper; stir-fry 3 to 5 minutes or until tender-crisp. Stir in vinaigrette and heat just until warm; add pepper to taste. Divide greens equally on serving plates. Spoon mixture with dressing on top of greens; sprinkle with goat cheese if desired.

Makes 4 servings.

**TIP:** 1 lb/500g = 6 cups/1.5 L sliced mushrooms

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