



Spring 2009



mushrooms.canada

Fresh. Simple. Good.

Easy, from Breakfast to Dinner

Mushrooms are the perfect ingredient from breakfast to dinner.

Imagine including fresh mushrooms at every meal; their rich earthy flavour, and meaty texture adding another level to your homemade dishes. Why not try it? Fresh mushrooms are delicious and versatile, making it easy to add them to breakfast, lunch and dinner.



A great way to start the day is with a satisfying Mushroom and Cheese Frittata. Protein in the eggs will give you the energy boost to start the day, while the mushrooms will fill you up and keep you from getting hungry too quickly, which is the key in weight management. Serve it with sliced tomatoes and whole wheat toast, a delicious breakfast the whole family will enjoy.

For lunch, why not try a light Marinated Mushroom, Tomato and Basil Salad. It will not only satisfy your hunger, but will provide you with essential vitamins and minerals without filling you up on calories.

At dinner, Simple Sautéed Mushrooms add a boost of flavour to your pasta, beef, pork, chicken or fish entrée. That's because mushrooms have Umami, which is the fifth taste. It naturally makes your meals taste better by giving all your other food a flavour boost.

To round out your day, satisfy your snack craving with a Fresh Mushroom and Tomato Salsa served with whole wheat tortilla chips; the perfect nighttime snack to enjoy with the kids.

It's easy to include mushrooms in every meal.

Now Playing: Mushroom and Prosciutto Cups

Bite into these flavourful appetizers and experience a wonderful contrast of textures; from the crisp shell to the soft creamy filling. Perfect for entertaining at a fancy party, or at a casual get together with friends and family.



Watch on the Mushrooms Canada YouTube Channel

Mushrooms and Your Health:

Heart Health

Looking for ways to keep your heart healthy? Many of us are – for good reason! Unfortunately, cardiovascular disease accounts for the death of more Canadians than any other disease. In 2002, thirty-two percent of all male deaths in Canada were due to diseases of the heart, blood vessels and stroke. For women, the number was even higher, at 34%.

So what can be done? Maintaining a healthy weight is one of the best ways to keep your heart healthy. Keeping blood cholesterol levels on target is another key in lowering the risk of heart disease. Eating more fruits and vegetables can help us protect our hearts against cardiovascular disease by providing protective substances such as vitamins, minerals, antioxidants and fibre, as well as plant compounds called phytochemicals.

Cut the Cholesterol

Fresh mushrooms contain both soluble and insoluble fibre. Soluble fibre has been shown to help prevent and manage cardiovascular disease by lowering the levels of total and LDL cholesterol.³

Watch the Weight

Fresh mushrooms are a perfect choice for weight management, since they have high water content, are low in fat and contain some fibre: three factors that will help you feel full with fewer calories.

Adding the Antioxidants

Fresh mushrooms contain l-ergothioneine, which acts as an antioxidant. Ergothioneine doesn't break down when it's heated, which means you can enjoy mushrooms raw or cooked and still benefit from this powerful phytochemical.

For the full story on how mushrooms can help keep your heart healthy visit: www.mushrooms.ca

“Watch For Us” in these locations:

- April 15, 2009 - City of Kitchener Wellness Fair, Kitchener, Ontario
- April 24, 2009 - WOW, We're Open Women Seminar, St. Thomas, Ontario
- May 1-3, 2009 - National Women's Show, Ottawa, Ontario

Mushroom and Prosciutto Cups

Bite into these flavourful appetizers and experience a wonderful contrast of textures from the crisp shell to the soft creamy filling.

Prep Time: 15 min. **Cooking Time:** 30 min.



24 thin wonton wrappers	24
1 tbsp olive oil	15 mL
1 small onion, diced	1
8 oz fresh mushrooms, coarsley chopped	250 g
1 clove garlic, minced	1
1/2 tsp dried rosemary leaves	2 mL

1/4 cup water	50 mL
1 tbsp balsamic vinegar	15 mL
1 pkg (250g) light cream cheese, cubed	1
1/2 cup minced lean prosciutto (about 1 1/2 oz/45 g)	125 mL
Freshly ground pepper to taste	

Method

Lightly coat mini muffin pans with cooking spray. Separate wonton wrappers and press into mini muffin pans, pleating to form a cup. Bake in a 350°F (180°C) oven for 7-9 minutes or until crisp and golden brown. Remove from pan and cool on rack. Meanwhile in large skillet heat oil over medium-high heat; add onion and sauté until lightly softened, about 2 minutes. Stir in mushrooms, garlic and rosemary and sauté about 4 minutes or until lightly browned. Reduce heat to medium; add water and vinegar cook another 1-2 minutes. Stir in cheese cubes and heat, stirring constantly until melted and well mixed. Remove from heat and stir in prosciutto until evenly combined. Taste and add pepper; spoon about 1½ tbsp (22 mL) of mixture into each cup; garnish as desired. Serve warm.

Makes 24 Appetizers