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# Fresh. Simple. Good.

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Summer 2007

## *Portabellas: King of the Grill*



### **Fire Up the Grill for Portabellas**

With barbecue season in full swing, why not fire up the grill for some fresh Canadian Portabella Mushrooms? Portabellas are the ultimate heroes of the grill, offering a great meat alternative and endless versatility.



### **Try 'em as a meat alternative**

Portabellas have a natural meaty flavour and texture, which is why they are often eaten as a meat alternative. They can absorb marinades just like meat, as well as offer their own natural Umami flavour. Take a look at the benefits of substituting a grilled portabella for a beef patty:

- Substitute a 4-ounce grilled portabella mushroom for a 4-ounce grilled beef patty (70% lean) and save 270 calories, 197 g fat, 8 g saturated fat and 93 mg cholesterol.

### **How versatile are they?**

There are many ways that you can prepare the very versatile Portabella mushroom on the grill, here are just a few quick recipe ideas.

#### • *Burgers*

Grill up a portabella basted with a smoky barbecue sauce. Top with cheese, lettuce and tomatoes. Serve hot on a big toasted Kaiser bun.

#### • *Toppers*

Lightly brush portabella with oil, and season with salt and pepper. Grill whole along with a thick slice of red or white onion. Serve both mushroom and onion, sliced on top of a sizzlin' hot steak.

#### • *Side Dishes*

Marinate whole portabella mushroom in balsamic or Italian vinaigrette for 1 hour. Grill over medium-high heat for 6-7 minutes. Remove from grill, slice and serve on top of a side salad.

#### • *Entrees*

Try the Barbecued Mushroom Pita Pizzas as found on page two.

So versatile and easy, grilled portabellas make a great burger, side, topper or entree.

Visit [www.mushrooms.ca](http://www.mushrooms.ca) for more fresh, simple, good mushroom recipes.

## Mushrooms and Your Health: Weight Management

With approximately 60% of the Canadian population and almost 30% of Canadian children either overweight or obese, finding appealing strategies for achieving a healthy weight is crucial. A low-energy-density diet can be part of the solution with fresh mushrooms making a tasty and nutritious contribution. The idea of a low-energy-dense diet is to choose foods with high water content, high fiber content, or a low fat content. Vegetables and

fruit, including fresh mushrooms, fit that bill. Selecting foods with low-energy-density means you can have more of them without consuming large amounts of excess calories that can lead to weight gain. Here is what the research shows.

- Researchers have confirmed that people who eat a low-energy-dense diet consumed fewer calories, less fat and had higher intakes of several important micronutrients including vitamins A, C, and B6, folate, iron, calcium and potassium.

- Fresh mushrooms make an excellent choice for low-energy-dense diets. They have a high water content, are low in fat and contain some fibre – three factors that contribute to satiety with fewer calories.

- A 100 gram serving of raw, sliced white button mushrooms is 50 percent water by weight and rings in at a mere 22 calories.

*For more information and references visit:*  
[www.mushrooms.ca](http://www.mushrooms.ca)



## “Watch For Us”

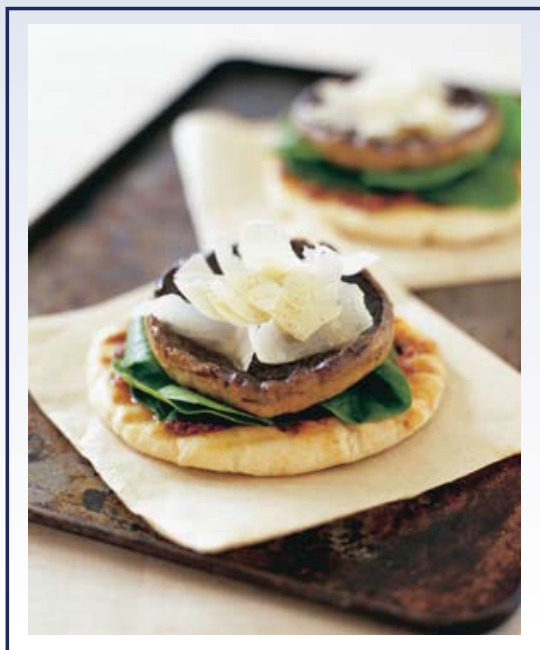
With Mushrooms Canada embarking on a great promotional campaign, watch for us in these locations over the next few months:

- January to December 2007 - A&P, Dominion, Loeb, Ultra, and The Barn Stores
- Summer and Winter 2007 Issues of Longo's Experience Magazine
- May 2007 - Introduction to the New Mushroom Characters and Activities for Kids
- May 1st to July 31st - Mushrooms Canada Online contest featuring T-Fal Cookware
- August 17 to September 3 - Canadian National Exhibition: Let's Get Cooking – Food, Fun & Nutrition Stage
- Fall 2007 - Chef Training Courses at Community Colleges across Ontario
- September 2007 - Carp.ca and 50plus.com websites
- September 2007 - Mushrooms Canada and FoodTV.ca online contest

## Barbecued Mushroom Pita Pizzas

Pitas make these individual pizzas a breeze to create for a nutritious light meal or snack.

**Prep Time:** 8 minutes **Cooking Time:** 10 minutes



### 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



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# Winner List

Mushrooms Canada congratulates all the winners from this years Good Food Festival, and the Arrow Neighbourhood Pub Group. All winners received a \$25 Canadian Tire Gift Card.

## *Good Food Festival Mississauga, Ontario*

Neil M, Peterborough  
Jen F, Cambridge  
Joni J, Owen Sound  
Marylou C, Plainfield  
Laura F, Oshawa  
Diana W, Pickering  
Bernice Z, Toronto



Mushrooms Canada was also a winner at this year's Good Food Festival and Market, taking **1st Place** in the *Favourite Side Dish* Category. A special *Thanks* to all who voted!

## *Arrow Pub Group Guelph, Ontario*

Joan T, Guelph  
Beth P, Guelph  
Katie M, Linwood  
Kevin H, Guelph  
P. Dobbins, Guelph  
Sarah B, Guelph  
Ryan H, Guelph  
Joy M, Guelph  
L. Dobbins, Guelph  
Sherry V, Guelph  
Chad C, Kitchener  
Jen F, Waterloo  
Susan Z, Waterloo  
Mike C, Guelph  
Ryan M, Moffat  
Tessa F, Guelph  
Steve H, Guelph  
Gail M, Guelph  
Sue C, Guelph  
Lloyd G, Guelph