

MUSHROOMS



HOW DO THEY TASTE?

Mushrooms have a rich and earthy flavor, especially when roasted. They have a savory taste similar to meat.

HOW DO I PICK THEM?

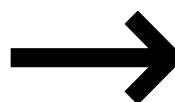
Choose mushrooms that are firm, fresh and smooth. Mushrooms are available at the grocery store and locally all year round.

HOW DO I STORE THEM?

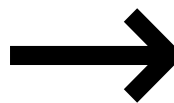
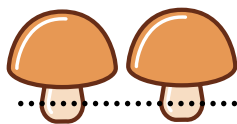
Store mushrooms in a paper bag in the refrigerator for up to a week.

HOW DO I PREPARE THEM?

- Gently rinse or wipe mushrooms with a damp cloth or paper towel to remove any dirt.



- Cut off dried-up stem ends.



- Cut into the size and shape your recipe says.

Roast mushrooms with herbs for a delicious **side dish**, put them in an **omelette** or on a **pizza**. Make them into a **soup**, add them to a **pasta dish** for added veggies, or even enjoy raw in a **salad**... the options are endless!

VEGGIE EGG BITES

Ingredients:

Non-stick cooking spray
2 cups mushrooms or any other veggies,
washed and chopped
6 eggs
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 cup shredded reduced fat cheddar
cheese

Directions:

1. Preheat oven to 350°F. Spray a muffin pan with non-stick cooking spray.
2. Put chopped vegetables in 7 holes of the muffin pan.
3. Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
4. Pour egg and cheese mixture over vegetables in the muffin pan and bake for 25 minutes.

*If there are empty muffin tin holes, fill with water so egg bites cook evenly.

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KITCHEN TIP!

Do not soak mushrooms in water. They will absorb the water and may turn mushy when cooked.