

SHARE THE SECRET OF MUSHROOMS

Give a Flavor and Nutrition Boost with Nature's Hidden Treasure

Thinly slice to top off pizzas • Sauté and add to marinara or cream pasta sauces • Slice to include in omelets or frittatas • Finely dice and mix into hamburgers or meatloaf • Toss into stir fries or salads • Add to chili, rice or traditional mac and cheese • Quarter and use in soups or casseroles • Grill whole or as a kabob • Top off steaks or sandwiches

Delicious and NUTRITIOUS!

Get these added benefits from the nutrients in mushrooms.

Weight Management:
low in calories and fat-free

Heart-Healthy Choice:
cholesterol-free and very low in sodium

Bone Health:
contain phosphorus, copper and vitamin D
(the only fruit or vegetable with vitamin D!)

Energy: source of B-vitamins such as niacin, riboflavin and pantothenic acid

Immunity: contain antioxidants including selenium and ergothioneine

Mushroom and Cancer Research: As shown by the animal and in vivo study, "Anti-Aromatase Activity of Phytochemicals in White Button Mushrooms"¹



SAUTÉ 1-2-3

It's easy to cook whole, sliced or chopped mushrooms

- 1 Brush pan with oil or butter, and heat on high
- 2 Add a single layer of mushrooms; turn once mushrooms become reddish brown on one side
- 3 Cook until the other side turns the same color, remove from heat and season to taste



www.mushroominfo.com

¹ Chen, S., et al. (2006). "Anti-aromatase activity of phytochemicals in white button mushrooms." Cancer Research, 66, 12026-34.