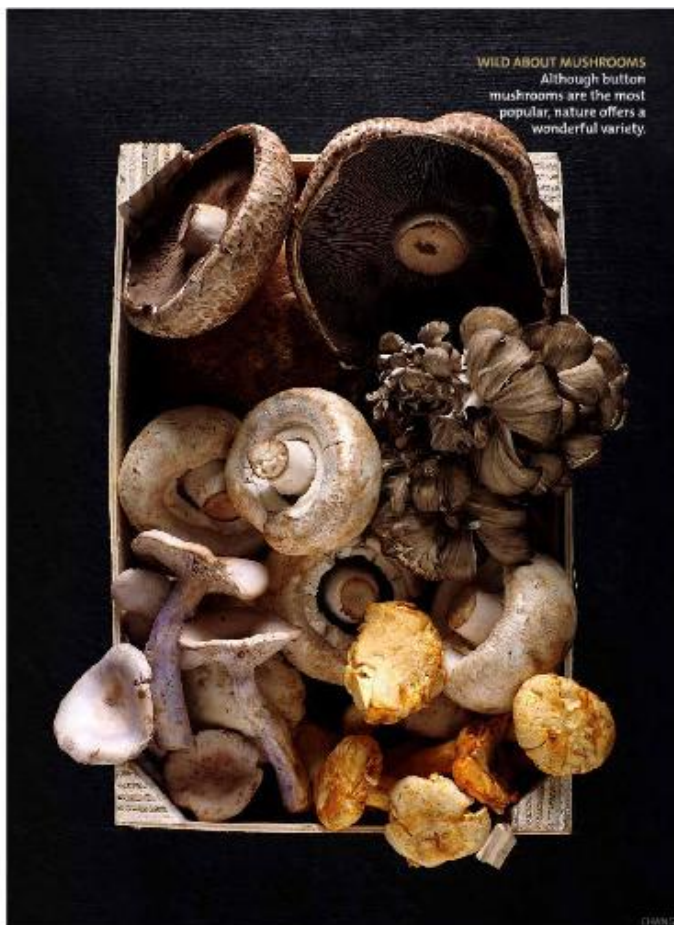




VIVMAG
November, 2009
350,000 Impressions



WILD ABOUT MUSHROOMS
Although button mushrooms are the most popular, nature offers a wonderful variety.

DIETNEWS/THE SKINNY
BY NANCY GOTTESMAN



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FUNGUS AMONG US

Adding mushrooms to a meal can be a great stealth diet tactic. Plus, they contain some hard-to-get vitamins and minerals.

While mushrooms may not be as visually alluring as a bowl of fruit or a tomato-basil salad, they can be an excellent weight-loss food, with their meaty texture and low calorie count. Keep reading to explore the fungi's finer attributes.

LOW IN FAT AND CALORIES In a study conducted at Johns Hopkins Bloomberg School of Public Health, on alternate weeks, participants were served either a beef- or mushroom-based lunch entree, such as chili, lasagna or sloppy joes. The beef meals contained on average 420 more calories and 30 additional fat grams than the mushroom dishes, though they were of the same weight.



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> SHIITAKE MUSHROOM

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The surprise finding: Mushroom eaters reported being equally satiated — and did not compensate for the reduced-calorie lunch by eating more later in the day or later in the week. “Mushrooms are low-energy-density, yet solid rather than liquid, so people seemed not to adjust their caloric intake to make up for the saved calories,” says Lawrence J. Cheskin, M.D., director of the Johns Hopkins Weight Management Center in Baltimore and lead author of the study.

One cooked ground-beef patty has 236 calories and 16 fat grams versus one grilled portobello cap of a similar size, with 30 calories and 1 gram of fat. Substitute a mushroom for a burger every week, and that’s an annual reduction of 10,712 calories — 3 pounds worth of calories — and 780 fat grams.

FULL OF VITAMINS AND MINERALS Mushrooms are among the few foods — other than egg yolks, mackerel, salmon, sardines and tuna — that are naturally rich in vitamin D: 10 white button mushrooms supply 10 percent of your daily vitamin-D requirements. Deficiency of vitamin D is increasingly common — a particular problem for women because low levels of vitamin D lead to a higher risk for osteoporosis and hip fractures and a possible increased risk of breast cancer.



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> WHITE BUTTON MUSHROOM

PHOTO: LUCAS



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In the produce aisle, mushrooms are the best source of selenium, an antioxidant that protects against the type of cellular damage that can result in heart disease and cancer. Four to five cremini mushrooms supply 31 percent of your daily selenium requirement, while one portobello cap provides 13 percent.

The little fungi are also good sources of potassium (vital for fluid and mineral balance in the body, which helps control blood pressure), copper (for production of red blood cells), and the B vitamins riboflavin, niacin and pantothenic acid (needed to break down proteins, fats and carbs for energy).

VERSATILE ... AND DELICIOUS The three most popular mushroom varieties in the United States are the cremini, portobello and white button. Enoki, maitake, oyster and shiitake mushrooms, commonly used in Asian dishes, can add a rich, meaty flavor to even the most basic foods.

We asked Dawn Jackson Blatner, R.D., a spokeswoman for the American Dietetic Association and author of *The Flexitarian Diet* (McGraw-Hill, 2009), for simple ways to incorporate mushrooms into meals and snacks. Click the "V" below to see her suggestions.



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> OYSTER MUSHROOMS

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- **Burgers, tacos and burritos** Add chopped mushrooms to lean ground beef to add moisture and subtract calories.
- **Skewers** Marinate skewered mushrooms in teriyaki, Italian dressing or steak sauce, then grill.
- **Spinach salad** Toss spinach leaves, red onion and sliced mushrooms with honey-mustard dressing.
- **Omelets** Add sliced mushrooms.
- **Nutty brown rice** Add walnut pieces and sautéed mushrooms to cooked brown rice.
- **Stir-fries** Mushrooms make a savory addition.
- **Topping** Sauté sliced mushrooms and yellow onions to use as a topping for steak or chicken breast.



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MUSHROOM COUNCIL PHOTOGRAPHY © JIMMY



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PARENT RECIPES

MINI QUICHE CAPS

Recipe courtesy of the Mushroom Council
Makes 18 mini quiches

INGREDIENTS

- Nonstick cooking spray
- 8 ounces mushrooms
- 1/4 cup finely diced green onion
- 1/4 teaspoon salt
- Pinch of freshly ground black or white pepper
- 3 large eggs
- 2 large egg whites
- 2 tablespoons half-and-half
- 1 teaspoon Dijon mustard
- 2 ounces shredded Swiss cheese

- 1.** Preheat oven to 325° F. Spray mini muffin pans with nonstick spray. Slice 3 mushrooms for garnish.
- 2.** Place a 10-inch nonstick skillet over medium-high heat and spray with cooking spray. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Turn and cook about 5 minutes or until other side is same color. Set mushrooms aside.
- 3.** Chop remaining mushrooms and add with onions, salt and pepper, and sauté, stirring occasionally, 8 minutes, until onions are soft and all moisture has evaporated. Remove from heat and let cool.
- 4.** In a large bowl, whisk eggs, half-and-half and mustard. Stir in mushroom mixture and cheese.

continue to step 5



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MINI QUICHE CAPS

5. Divide egg/mushroom mixture among muffin cups, filling each about $\frac{3}{4}$ full. Bake about 20–25 minutes until puffed and set. Let cool in the pan 5 minutes.

6. Gently run a teaspoon around the edge of each cup and scoop each quiche to remove. Place a sautéed mushroom slice on top of each and serve.

Nutrition Score per serving (1 cap): 31 calories, 58% fat (2 g; 1 g saturated), 3% carbohydrate (1 g), 39% protein (3 g), 0.2 g fiber, 33 mg calcium, 0.3 mg iron, 95 mg sodium.





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MUSHROOM "CHIPS" AND DIP

Recipe courtesy of the [Mushroom Council](#)
Serves 4

INGREDIENTS

$\frac{1}{2}$ cup prepared pesto

$\frac{1}{2}$ cup light
sour cream

Squeeze of lemon,
season to taste

12 large white button
or oyster mushrooms

1. Mix pesto with sour cream, a squeeze of lemon and set aside.
2. Heat grill to medium, about 365° F. Cut each mushroom in half.
3. Grill mushrooms 5 minutes with lid closed, turn, and grill another 4–5 minutes, until cooked through and starting to brown.
4. Skewer 2–3 mushrooms and remove from grill. Serve skewered mushrooms with pesto dip.

Nutrition Score per serving (3 mushrooms with dip): 213 calories, 72% fat (17 g; 5 g saturated), 11% carbohydrate (6 g), 15% protein (8 g), 1.6 g fiber, 266 mg calcium, 1.4 mg iron, 263 mg sodium.





TRY THESE RECIPES

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BAKED MUSHROOM PARMESAN

Recipe courtesy of the Mushroom Council
Serves 4

INGREDIENTS

- 4 large portobello mushrooms
- 2 tablespoons olive oil
- 1 cup pasta sauce, divided
- 4 fresh basil leaves, thinly sliced
- 1/2 teaspoon crushed red pepper flakes
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 1/2 cup (1 ounce) grated Parmesan cheese

1. Heat oven to broil, with top rack about 4 inches from broiler. Remove stems and brush both sides of mushrooms with oil. Place, gill side down, in a 9-inch baking dish. Broil for 4 minutes, remove and turn gill side up; broil 4 more minutes.

2. Remove mushrooms from baking dish; drain liquid. Reduce oven to 400° F.

3. Spread 1/2 cup pasta sauce on bottom of baking dish, then place mushrooms, gill side up. Sprinkle with basil, red pepper flakes and the remainder of the pasta sauce. Top with mozzarella and Parmesan cheese; bake 5–10 minutes. Remove and serve.

Nutrition Score per serving (1 mushroom):
232 calories, 58% fat (15 g; 5 g saturated), 20% carbohydrate (12 g), 22% protein (13 g), 1.7 g fiber, 318 mg calcium, 1.3 mg iron, 511 mg sodium.

