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**WANT TO FEED YOUR IMMUNE SYSTEM? THINK MUSHROOMS' DYNAMIC DUOS**  
*Unlock New Flavors and Key Nutrients by Discovering Mushrooms' Perfect Pairings*

**Jan. 19, 2023** – Immune health remains in peak focus among consumers this season with the “triple-demic” of flu, RSV and COVID. What’s the best way to feed your immune system now and throughout the year?

One registered dietitian suggests doubling down by pairing foods featuring micronutrients that can play a positive role in supporting a healthy immune system.<sup>1</sup>

“The art of combining two foods that contain nutrients that support immunity, such as mushrooms and lentils, will help feed your immune system all year-round,” said Pam Smith, RDN, president/founder, Shaping America’s Plate Inc. “These ‘dynamic duos’ are an easy and simple hack to add even more key nutrients to each dish you prepare.”



“Fresh mushrooms are the perfect pairing partner,” Smith added. “While they are delicious and nutritious on their own, pairing them with tasty ingredients can unlock a whole new level of flavor. These dynamic duos just scratch the surface of all the ways you can add both flavor and nutrition to your plate.”

Smith shares her five favorite dynamic duos:

1. **Mushrooms & Beans:** Pack a punch of vitamins D and B by pairing mushrooms and beans together. Add this comfort meal to your weeknight menu with tender braised mushrooms, savory greens, and beans: <https://www.mushroomcouncil.com/recipes/braised-mushrooms-greens-and-beans/>. (For example, one portabella mushroom, exposed to UV light, can provide 120% of the RDA for vitamin D<sup>2</sup>.)

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<sup>1</sup> <https://lpi.oregonstate.edu/mic/health-disease/immunity>. Written in March 2016 by: Giana Angelo, Ph.D. Linus Pauling Institute, Oregon State University. Reviewed in February 2017 by: Catherine Field, Ph.D. Professor of Nutrition, Department of Agricultural, Food and Nutritional Science, University of Alberta. This link leads to a website provided by the Linus Pauling Institute at Oregon State University. The Mushroom Council® is not affiliated or endorsed by the Linus Pauling Institute or Oregon State University. Accessed November 19, 2020.

<sup>2</sup> U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).

2. **Mushrooms & Bell Peppers:** Portabella mushrooms and red bell peppers can increase your daily value of selenium and vitamin C. Try these sheet pan mushroom fajitas for a kick of essential nutrients, ready in 30 minutes and perfect for the whole family:  
<https://www.mushroomcouncil.com/recipes/sheet-pan-mushroom-fajitas/>
3. **Mushrooms & Eggs:** Make your morning meal count with mushrooms and eggs for a nutrient-jammed dish containing selenium and vitamin B12. Try a savory [whole grain breakfast bowl](#) that includes sliced portabella mushrooms, peppers and eggs topped with a curry yogurt tahini. Check out the recipe here: <https://www.mushroomcouncil.com/recipes/power-breakfast-bowl/>
4. **Mushrooms & Lentils:** Crimini mushrooms and lentils together can increase your daily value of selenium and iron. Treat your tastebuds and feed your immune system by making hearty bowls that combine [marinated mushrooms with lentils and wild rice](#). Find the recipe here: <https://www.mushroomcouncil.com/recipes/marinated-mushroom-bowls-lentils-wild-rice/>
5. **Mushrooms & Chicken:** Pairing [chicken and mushroom](#) together brings delicious umami flavor and key nutrients such as vitamin D and B6. (One serving of UV light-exposed crimini mushrooms provide 128% of the RDA for Vitamin D<sup>2</sup>.) Find the recipe for your next weeknight meal here: <https://www.mushroomcouncil.com/recipes/one-pan-chicken-and-mushrooms/>

For recipes and to learn more about how to increase your daily intake of essential nutrients, visit [FeedYourImmuneSystem.com](https://www.feedyourimmunesystem.com). This digital hub was created by the Mushroom Council® to showcase a wide array of content that focuses on feeding your immune system year-round.

**About the Mushroom Council:**

The Mushroom Council is composed of fresh market producers and importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit [mushroomcouncil.com](https://www.mushroomcouncil.com).

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