



# mushroom monday



Meet Taco Tuesday's next-door neighbor: Mushroom Monday. What's that you ask? Mushroom Monday is a day each week when we can all gather around the plate to enjoy one of the most delicious, nutritious and Earth-friendly foods: the fresh mushroom.

*Encourage your clients to celebrate this weekly tradition by making mushrooms a part of their Monday meals for more healthful fare.*

## Mushroom Monday's Featured Recipes



### Lion's Mane Orange "Chicken" Rice Bowls

This unique take on everyone's favorite take-out order features fresh lion's mane mushrooms coated in a tangy, umami marinade and fried to crispy, crunchy perfection. Serve over a bed of rice with cooked broccoli for a complete and satisfying meal made with mushrooms.

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### Power Breakfast Bowl

Start the day strong with this savory whole grain breakfast bowl that includes sliced portabella mushrooms and a curry yogurt tahini topping. Portabella mushrooms are rich in selenium, which protects the body from infection and damage caused by free radicals. Fuel your body and feed your immune system at the same time.

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### Beef and Broccoli with Mushrooms

Consider this beef, broccoli and mushroom stir-fry a new weekly staple in your house. Made with skirt steak, tender portabella mushrooms, fresh broccoli and white rice for serving so you can feel good fueling yourself with every nutrient-dense bite.

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### Chimichurri Mushroom Tacos

Caramelized portabella mushrooms make for a delightful taco filling, and a homemade chimichurri sauce takes this recipe over the top.

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### Simple Sauteed Mushrooms

Sometimes simple is best, and this side dish of gently sauteed portabella and white button mushrooms is just that. Enjoy with steak, mix with veggies, top pizza or avocado toast. There's nothing these succulent 'shrooms can't do!

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