



# Enjoy Mighty Mushroom!

Grown year-round and widely available, mushrooms are the perfect mealtime mate. Their meaty flavor and texture will perk up your family meals - try our Breakfast Veggie Quesadilla recipe to find out!

## HEALTHY ON THE PLATE, GENTLE ON THE PLANET

Did you know that mushrooms are considered one of the most sustainably produced foods on the planet? Mushrooms contain important vitamins and minerals. Mushrooms are naturally low in calories and sodium and are free from fat, cholesterol, and gluten. Choosing mushrooms over meat is not only good for your health - it's good for the planet because mushrooms require less water, energy, and land to produce than animal-based proteins like beef, pork, and chicken.



## PREP MUSHROOMS LIKE A PRO!

Perfect your mushroom dishes by following these tips for selecting, storing, and preparing mushrooms:

- 🍄 Select mushrooms that are firm with a fresh, smooth appearance.
- 🍄 The surfaces of the mushroom should be dry, but not dried out, and appear plump.
- 🍄 Store mushrooms in original packaging or a porous paper bag for prolonged shelf life.
- 🍄 Some mushrooms may be kept for up to one week in the refrigerator.
- 🍄 Brush off any debris from mushrooms with your fingers or a damp paper towel, or rinse briefly under running water and pat dry with a paper towel.
- 🍄 Bring out mushrooms' meaty flavor by sauteing (like in our Quesadilla recipe), grilling, roasting, or broiling.

## BREAKFAST VEGGIE QUESADILLA

From the Foundation for Fresh Produce, Have a Plant, this easy-to-make recipe brings out Southwestern flavors great for any breakfast.

Download the Recipe!



### BREAKFAST VEGETABLE QUESADILLA

ONE QUESADILLA CREDITS AS:  
½ c total vegetable  
1 ½ oz eq meat/meat alternate  
1 oz eq grains



Students love Southwest flavors and this quesadilla delivers at breakfast. Savory mushrooms and sweet bell peppers combine with eggs and cheese for a filling and delicious breakfast.

### Ingredients

50 Servings

- 2 ½ lb Mushrooms, fresh, diced
- 2 ½ lb Sweet bell red peppers, diced
- ½ tsp Salt, kosher
- 1 tsp Pepper, black
- 3 ¼ lb Eggs, frozen, whole, pasteurized
- 1 ½ lb Cheese, cheddar, shredded, low sodium
- 50 each Flour tortilla, whole-grain rich, 8 inch

### PICO DE GALLO

- 5 ¾ lb Tomato
- 6 oz Onion
- ¼ c Jalapeno
- 1 c Cilantro, fresh
- 1 tsp Cumin, ground
- 1 tbsp Garlic, granulated
- Scallions, sliced, for garnish, optional

### Directions

1. Preheat oven to 425 °F.
2. Combine mushrooms, bell peppers, salt and pepper.
3. Prepare scrambled eggs according to package directions.

### TO BUILD QUESADILLA

1. Line a full sheet tray with parchment. Begin by placing 6 tortillas on the sheet tray.
2. Place a #36 scoop (1 ¼ tbsp.) of shredded cheese, a #8 scoop of vegetable mixture and a #30 scoop (1 oz) of scrambled egg on half of the tortilla.
3. Fold the tortilla in half to create a half-moon. Add additional tortillas as space is created on the sheet tray. Twelve quesadillas will fit on a full sheet tray.
4. Bake for 15 minutes. For crispier quesadilla, bake for 20-30 minutes, flipping half way through.
5. Remove core from the tomatoes and cut into quarters.
6. Add tomatoes, onions, jalapeno, cilantro, cumin, and granulated garlic to a food processor. Pulse to chop up until fine consistency.

CCP: Keep cold, below 41 °F

TO SERVE: Top each quesadilla with ¼ c (#16 scoop) pico de gallo and 1 tbsp of sliced scallions

NOTE: Keep warm for breakfast in the classroom or grab and go.

### NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	230		Sodium	370	(mg)	Total Sugars	6	(g)
Total Fat	9	(g)	Protein	12	(g)	Added Sugar	1	(g)
Saturated Fat	4	(g)	Total Carbohydrate	29	(g)	Calcium	159	(mg)
Cholesterol	90	(mg)	Dietary Fiber	5	(g)	Iron	3	(mg)



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the Mushroom Council.



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