



How to Add Mushrooms to...

Breakfast

- Add $\frac{1}{2}$ cup white button mushrooms to your omelet or scrambled eggs instead of $\frac{1}{2}$ cup cheddar cheese.
- A slice of low-fat cheese and some sliced mushrooms make a great topping for English muffin or bagel halves. Bake or broil until cheese is nicely melted.
- Sautéed fresh mushrooms, some herbs and a light sprinkling of cheese make a delectable filling for crêpes.
- Substitute $\frac{1}{2}$ cup sautéed white button mushrooms in quiche for 4 ounces of cooked bacon.

