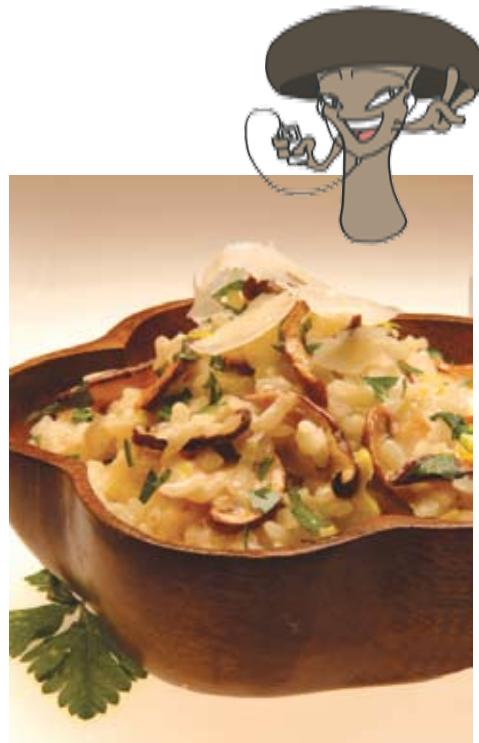




How to Add Mushrooms to...

Dinner

- Chop fresh mushrooms and add to spaghetti sauce, chili, stews, lasagna and casseroles so that picky eaters are more likely to try and enjoy them.
- For a fun family meal, have a make-your-own-pizza night. Be sure to have a variety of sliced fresh mushrooms on hand for the kids to choose from.
- For more adventurous teens, try them with a creamy risotto or pasta made with portabella or shiitake mushrooms.
- Add flavour to chicken and turkey loaf with chopped, sautéed crimini or portabella mushrooms.
- Fresh mushrooms are the perfect addition to ratatouille – a combination of eggplant, tomato, onions, bell peppers, zucchini and garlic simmered in olive oil.
- Give plain old chicken-pot-pie some woodsy flavor with shiitake or crimini mushrooms.
- Liven up stuffing for turkey or roast meats with chopped crimini or portabella mushrooms.
- Toss $\frac{1}{2}$ cup sliced shiitake mushrooms into stir-fries.
- Fresh enoki mushrooms are a must when you're making Thai spring rolls. Try crimini or shiitake in steamed dumplings.
- Have $\frac{1}{2}$ cup sliced, cooked fresh mushrooms instead of $\frac{1}{2}$ cup corn kernels as a side dish.
- Substitute $\frac{1}{2}$ cup sliced Crimini mushrooms for $\frac{1}{2}$ cup white rice as a side dish. Instead of $\frac{1}{2}$ cup mashed potatoes have $\frac{1}{2}$ cup sliced, cooked fresh mushrooms.
- Make mushroom mashed potatoes for a tasty change.
- Change plain burgers into delectable mushroom-burgers by mixing lightly sautéed, sliced, fresh white button or crimini mushrooms with your ground beef.
- Be sure to add chopped fresh crimini or portabella mushrooms the next time you make stuffed peppers.



- Have a 3 oz. juicy portabella mushroom between buns instead of a 6 oz. lean hamburger.
- Use a medley of fresh mushrooms instead of large portions of meat in meat pies, pastas and casseroles.
- Layer fresh sliced mushrooms with thinly sliced potato, top with fresh whole wheat breadcrumbs and a sprinkling of light cheese for an au gratin side dish.