



# How to Add Mushrooms to...

## Snacks

- Thread bite-sized raw veggies, including fresh mushrooms, on to skewers and serve with a low-fat dip for a quick and nutritious snack.
- Munch on ½ cup button mushrooms with 3 tablespoons fat-free ranch dressing instead of 3 ounces of plain potato chips.
- Use ½ cup white button mushrooms with dips instead of corn chips.
- Do you fondue? If you do, don't forget your mushrooms.
- Mix cooked, sliced fresh mushrooms with minced garlic and your favorite herbs to make a mushroom spread. Serve on crackers or use as a sandwich spread.
- Fresh white button mushrooms, whole or quartered, served with a low-fat dip, make a satisfying, low calorie snack.

