

THIS WEEK'S PRODUCE PICK...

MUSHROOMS



VARIETIES:

There are 8 varieties of commercially cultivated mushrooms available for purchase all year round: white button, crimini, portabella, shiitake, oyster, maitake, beech, and enoki.

SELECTING:

Purchase mushrooms that are firm with a fresh, smooth appearance. Surfaces should be dry, but not dried out, and appear plump.

CLEANING:

Brush off any peat moss with your fingers or a damp paper towel, or rinse briefly under running water and pat dry with a paper towel. Do not soak mushrooms in water as they easily absorb moisture.

NUTRITION:

Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains.

Mushrooms are low in calories, fat-free, cholesterol-free, gluten-free, and very low in sodium, yet they provide important nutrients, including selenium, potassium (8%), riboflavin, niacin, vitamin D and more.

White Button Nutrition Facts

Serving Size: 84g

Amount Per Serving

Calories: 20 Cal from Fat: 0
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 3%

Total Sugars 0g 0%

Includes 0g Added Sugars

Protein 3g

Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
Vitamin D 0% (110%*)	Thiamin 8%
Riboflavin 25%	Niacin 20%
Vitamin B6 6%	Folate 4%
Pantothenic Acid 25%	Potassium 6%
Phosphorous 6%	Zinc 2%
Magnesium 2%	Copper 30%
Selenium 15%	Manganese 2%

*UV-exposed white button mushrooms

SLOW COOKER BEEF & MUSHROOM CHILI

Ingredients:

8 oz fresh crimini mushrooms
1 onion, chopped
2 cloves garlic, minced
1/2 lb lean ground beef
1 green pepper, finely chopped
1 red pepper, finely chopped
1 can kidney beans, drained & rinsed
1 can diced tomatoes
1 can tomato paste
2 tbsp chili powder
1 1/2 tsp dried Italian herbs
1 tsp ground cumin
1 tsp salt

Directions:

Place the mushrooms, onion and garlic in a food processor fitted with a metal blade. Pulse until finely chopped. Combine the mushroom mixture, ground beef, green pepper, red pepper and beans in a slow cooker.

Stir the diced tomatoes with the tomato paste, chili powder, seasoning blend, cumin and salt until well combined. Pour the tomato mixture into the slow cooker. Cook on high for 5 hours or on low for 10 hours.

Tip: Garnish with cheddar cheese, sour cream, green onion and serve with tortilla chips or in a bread bowl for a fun and tasty dinner.



THE BLEND

Mushrooms and ground meat blend seamlessly to add an extra serving of vegetable to the plate by enhancing or extending the meat. It works because finely chopped, umami-rich mushrooms look similar and take on the flavor properties of meat and other flavors. Add nutrients to America's iconic foods without losing taste or satisfying texture.