

Consumer Press Release



What's Sizzling on Grills this Tailgate Season? The Mushroom Council® Says Portabella Mushrooms

Why and How Mushrooms Should Be on Your Grill This Weekend

September 13, 2023 – What's expected to sizzle on grills across America this fall? The Mushroom Council® declares it's portabella mushrooms. From back-to-school cookouts to football tailgates, a portabella mushroom burger is the perfect ingredient for your next entertainment gathering. This mushroom variety is the largest cultivated mushroom and steals the show in dishes that show off their [large size, rich flavor and steak-like texture](#).

A larger relative of the white button and crimini, portabella mushrooms can measure up to 6 inches in diameter. [Portabellas are a hearty](#), savory, meaty variety with loads of umami, making them an ideal choice for both meat and meatless dishes.

Known as the original veggie burger, grilled or sautéed portabellas can satisfy the heartiest of appetites. Consider these reasons to grill your ports:

- Portabellas are **convenient and fast on the grill**, ready in 12 minutes or less.
- When grilled and cooked, their firm texture and hearty juiciness make for a **meaty eating** experience.
- Portabellas give a grilled boost of nutrition. On a grill filled with indulgence, a sizzling port can be a **low-calorie, low-sodium and fat-free alternative**.



Ready to fire up the grill for your next plate of ports? Check out the best tips and tricks for grilling portabella mushrooms [here](#), then try these two recipes:

- [Portabella Mushroom BBQ Burger](#): A juicy, meaty portabella mushroom topped with crispy coleslaw is the perfect balance of acidity and crunch making this burger all-around tasty.
- [Grilled Mushroom Kabobs](#): A favorite side that goes well with just about any menu, grilled mushroom kabobs are assembled and marinated then tossed onto the grill for a few minutes to let the grill work its magic.

About the Mushroom Council:

The Mushroom Council is composed of fresh market producers and importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the

Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit mushroomcouncil.com.

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