







Mushroom Tips

- Fresh mushrooms should feel relatively dry and firm. Avoid dark spots.
 - The stronger the sweet, earthy scent, the more flavorful the mushrooms.
 - Closed caps have a more delicate flavor while open caps with gills showing are more robust.
 - Buy an amount of fresh mushrooms that you can use within a few days, as fresh mushrooms spoil quickly.
 - Store mushrooms in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster. Do not store at room temperature.
 - Dried mushrooms keep their quality for up to a year in an airtight container in a cool, dry place. Soak dried mushrooms before using.
 - Dirt on fresh mushrooms is normal. Clean mushrooms just before using. Use a soft brush or slightly dampened paper towel to brush off the surface or rinse very briefly under cold, running water and pat dry.
 - Cooked mushrooms can be frozen. For best quality, use within 1 month.
- **Types of Mushrooms:**
 - **White or button** - Excellent both raw and cooked. Widely available. Varies in color from white to light brown and in size from small to jumbo. Mild flavor intensifies when cooked and as the mushroom becomes more mature. 
 - **Cremini, crimini or baby bella** - Firm texture. Ranges in color from light tan to rich brown. Rich, earthy flavor is more intense than that of white mushrooms. 
 - **Portobello or portabella** - Large, mature cremini mushrooms. Deep, meaty flavor and firm texture. Tough stems are removed. 
 - **Shiitake** - Large, broad, umbrella shaped caps. Varies in color from tan to dark brown. Rich, full-bodied, smoky flavor and meaty texture. Best when cooked. Use tough stems to flavor stock. 
 - Some wild mushrooms are very toxic. Be sure you eat mushrooms from a reliable source.
 - Mushrooms are low in calories, fat-free, cholesterol-free, and extremely low in sodium.
 - Few foods, besides dairy foods, naturally contain vitamin D, but mushrooms are unique for being the only produce food with the ability to increase its vitamin D levels through exposure to UV light or sunlight.





Asparagus Mushroom Melt



English muffins topped with fresh veggies and cheese make this a flavorful meal or snack.

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 4 English muffins
- ¼ cup finely minced onion
- 1 cup chopped mushrooms
- 1 ½ teaspoons vegetable oil
- ½ pound asparagus, trimmed and sliced crosswise into ½ inch rounds
- ½ teaspoon ground thyme, oregano or basil
- 1 ½ teaspoons vinegar (any type)
- 1 dash each salt and black pepper
- ¾ cup (3 ounces) shredded mozzarella cheese

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.

3. Toast muffin halves and place on a baking sheet in a single layer.
4. In a large skillet over medium-high heat, sauté onion and mushrooms in oil, stirring often, until just beginning to brown.
5. Add asparagus, thyme and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
6. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
7. Broil muffins until the cheese melts. Watch carefully to avoid burning.
8. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/asparagus-mushroom-melt>



Portobello Pizzas

To reduce the fat in this recipe, use low-fat cheese. If using smaller mushrooms, simply adjust the amount of toppings for each pizza. Smaller mushrooms may also cook faster.



Yield: 4 Servings

Time: 35 Minutes

Ingredients

- 4 Portobello Mushrooms about 4-inches wide, washed, and stems removed
- ½ cup Spaghetti Sauce or ½ cup Pizza Sauce
- 1 cup Shredded Cheese such as mozzarella
- 1 teaspoon Dried Herbs such as oregano
- ½ cup Sausage cooked and crumbled (optional)
- ½ Bell Pepper thin-sliced (optional)

Instructions

1. Preheat toaster to 450 degrees Fahrenheit
2. Position toaster tray on lowest rack in toaster. Place mushrooms on top, round side up.
3. Cook mushrooms for 15-minutes or until soft and giving off beads of liquid.
4. Carefully remove tray from oven.
5. Flip the mushrooms.
6. Sprinkle each mushroom with remaining ingredients, in this order: optional sausage, sauce, cheese, optional peppers, and herbs.
7. Cook mushrooms for 10-15 minutes more or until cheese is melted and bubbly.

Source: <https://eatfresh.org/recipe/main-dish-snacks/portobello-pizzas/>



Roasted Cauliflower

Oven-roasted cauliflower sprinkled with cheese is a simple and delicious side dish.



Yield: 8 Servings

Time: 40 Minutes

Ingredients

- 1 cauliflower head
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded Parmesan cheese

Instructions

1. Wash hands with soap and water.
2. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain.
3. Combine oil, salt, and pepper in a large bowl. Toss the cauliflower florets in the oil mixture.
4. Spread cauliflower on a large baking sheet.
5. Roast in the oven at 450 °F for 15 to 20 minutes until the cauliflower starts to soften and begins to brown.
6. Sprinkle with cheese. Continue to roast for 5 to 10 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-cauliflower>



Garden Sloppy Joes

Healthy vegetable-packed lunch or dinner favorite!

Yield: 6 Servings

Time: 30 Minutes

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green bell pepper, chopped
- 1 pound lean ground meat (15% fat turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- ¼ cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Source: <https://foodhero.org/recipes/garden-sloppy-joes>



Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Sauté onions, carrots, green bell pepper and ground meat in a 2 to 3 quart saucepan over medium-high heat for 5 minutes.
4. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
5. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
6. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
7. Refrigerate leftovers within 2 hours.



Mushroom Stroganoff



A classic dish combining whole grain noodles and a creamy mushroom sauce.

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 1 tablespoon margarine or butter
- 2 ½ cups chopped onion (2 ½ medium onions)
- 4 cups sliced mushrooms (16 to 20 medium fresh button mushrooms)
- ¾ cup water
- 1 teaspoon bouillon (1 cube) - vegetable, beef or chicken
- 1 teaspoon garlic powder
- 1 tablespoon corn starch
- 3 tablespoons light sour cream
- 3 cups cooked whole grain noodles or brown rice

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Heat the margarine in a large skillet over medium-high heat (350 degrees in an electric skillet). Add onion and mushrooms. Sauté and stir until starting to brown.
4. In a small bowl, mix water, bouillon, garlic powder and cornstarch. Add to skillet and cook until sauce is thickened.
5. Remove from heat. Stir in sour cream.
6. Serve with cooked whole grain noodles or brown rice. Garnish with paprika and chopped parsley if desired.
7. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/mushroom-stroganoff>

Ratatouille



Here is the perfect recipe to make when your garden or market is overflowing with peppers, eggplant, and tomatoes. Add cooked chicken or tofu to make this side dish a complete meal.

Yield: 8 Servings

Time: 30 Minutes

Instructions

Ingredients

- 2 tablespoons canola oil
- 1 yellow onion (sliced)
- 3 garlic cloves (minced)
- 2 bell peppers (green, red, or yellow)
- 1 eggplant (peeled and cut into 1 inch cubes)
- 1 can (14.5 ounces) diced tomatoes, low-sodium (undrained)
- 1 teaspoon dried basil
- ½ teaspoon black pepper
- ½ cup chopped parsley

1. Wash hands with soap and water.
2. Heat oil in a large saucepan and sauté onion, garlic, bell peppers, and eggplant until tender, about 15 minutes.
3. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
4. Serve hot. Cover and refrigerate within 2 hours.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/ratatouille>

**Eat
Well**



Avocado and Corn Salsa



Avocado and corn are given a flavor boost by fresh cilantro and lime. Serve this salsa with our baked chicken for an easy weekday meal.

Yield: 5 Servings

Time: 10 Minutes

Instructions

Ingredients

- 1 avocado, diced
- ¾ cup frozen corn kernels, thawed
- ½ cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- ¼ teaspoon salt

1. Wash hands with soap and water.
2. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
3. Chill one hour and then serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa>



Broccoli and Corn Bake

This recipe will help you make half your plate fruits and vegetables.

Yield: 6 Servings

Time: 45 Minutes

Ingredients

- 1 can (15 ounce) cream-style corn, low-sodium
- 3 $\frac{3}{4}$ cups broccoli, cooked
- 1 egg, beaten
- $\frac{1}{2}$ cup cracker crumbs, crushed
- $\frac{1}{4}$ cup vegetable oil (or cooking oil of choice)

Topping

- 6 saltine crackers, crushed
- 1 tablespoon tub margarine (or butter), melted

Instructions

1. Wash hands with soap and water.
2. Mix corn, broccoli, egg, cracker crumbs, and oil together in greased 1 $\frac{1}{2}$ quart casserole.
3. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
4. Bake at 350 °F for 40 minutes.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-and-corn-bake>



Roasted Eggplant and Red Pepper Sandwich



Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 8 slices French or Italian bread
- 2 cloves garlic, peeled and cut in half
- 1 medium eggplant, cut in ½-inch slices
- ¼ teaspoon pepper
- 1 cup roasted red pepper, cut in strips
- Vegetable oil spray

Instructions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Preheat the broiler.
3. Lay the bread on the pan, spray with vegetable oil spray, and toast both sides lightly.

4. Remove toasted bread from broiler, rub the top of each with garlic, and set aside.
5. Reduce the oven heat to 450F.
6. Lay eggplant slices on a greased baking sheet and coat lightly with oil spray.
7. Season with pepper.
8. Roast for 20 minutes or until tender and caramelized.
9. Cover each slice of bread with the roasted eggplant and lay the red pepper strips over the top.
10. Give each one a quick spray of vegetable oil spray and serve.

Source: <https://www.azhealthzone.org/recipes/roasted-eggplant-and-red-pepper-sandwich/>



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