

# Magnificent Mushrooms July 2008



Mushrooms are a wonderful addition to many soups, stews, and sautés—but can also hold their own when it comes to their nutrient content. They are excellent sources of many minerals, such as selenium, copper, potassium and zinc, as well as phytochemicals. They also contain many of the B vitamins, such as thiamin, riboflavin, pantothenic acid and niacin. Cremini and Portabella mushrooms are also very good sources of vitamin B6 and B12. Did you know that Portabella mushrooms are in fact simply overgrown Cremini mushrooms? Vegetarians often use Portabellas as “burgers” or “steaks” because of their hearty taste and texture. For the biggest nutritional punch, choose Shiitake, Maitake and Reishi varieties. These have been shown to be even bigger nutritional superstars, as they are good sources of iron, protein, dietary fiber and vitamin C. Add any of the 3,000+ available varieties of mushrooms to your weekly vegetable intake and you just may find out why they have been a symbol of longevity in Asia as well as believed to be a key to immortality by the Ancient Egyptians.

## Selection and Preparation

Fresh mushrooms that are firm, plump, and relatively clean should be your first choice. They are also available dried, canned and frozen year-round. Avoid mushrooms that are wet, slimy, wrinkly, or too dark compared to the others.

**To store:** It is best to store mushrooms in a loose paper bag in your refrigerator. If you are afraid they will get too dry before you use them, you can wrap them in a damp cloth, or place them in a glass dish covered with a moist cloth. They should stay

fresh for several days if stored properly. Dried mushrooms can be stored in a tightly sealed container or bag in the freezer or refrigerator for 6 months or more. Cooked mushrooms can be stored in the fridge for 3-4 days. **To prepare:** Mushrooms are best cleaned with little water. Use a damp cloth, paper towel or mushroom brush to remove dirt/debris. Dried mushrooms can be rehydrated using warm water or stock. They can be eaten raw, or added to stir-frys and soups. You can also stuff and bake them!

## Nutrition Facts

Serving Size 1 cup sliced (72 g)  
Servings per container 2

Amount Per Serving	
Calories 19	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	2%
Sugars 1g	
Protein 2g	
Vitamin A	0% • Vitamin C
Calcium	1% • Iron

## Where to Find it Local

- Denison Farms  
Corvallis, OR
- Gathering Together Farm  
Philomath, OR
- Richey's Market  
Corvallis, OR
- First Alternative Co-op  
Corvallis, OR
- Corvallis-Albany Farmers' Markets (beginning April 19th)

Log on to [www.localharvest.org](http://www.localharvest.org)  
to find more farm listings in your area.

## Vegetarian Mushroom Lasagna

### Ingredients

- 1 pound **lowfat cottage cheese**
- 1/2 pound **lowfat ricotta cheese**
- 2 **egg whites**
- 2 Tbsp **parmesan cheese**
- 1 Tbsp each **fresh chives and fresh parsley**
- 1/4 tsp **ground black pepper**
- 8 oz uncooked **whole wheat lasagna noodles**
- 1 cup **minced onion**
- 1 1/2 pounds **fresh sliced mushrooms**
- 1 cup **chopped zucchini**
- 4 cups low-sodium **red sauce**

### Directions

- ◊ Preheat oven to 375°.
- ◊ Puree cottage cheese, ricotta, egg whites and parmesan. Blend in chives, parsley and pepper.
- ◊ Cook noodles in boiling water until tender, around 10 minutes. Remove from water, dip in cold water, and lay out on clean kitchen towels.
- ◊ Sauté onions for about five minutes, until very soft. Add mushrooms and zucchini, cover, and sauté until half of volume in bulk, about 5 minutes.
- ◊ Drain vegetables, and combine all but 1/4 cup with the cheese mixture.
- ◊ Spread 2 c sauce on the bottom of a 9x12 glass baking dish, and alternate layers of noodles and cheese mixture, ending with noodles. Cover with remaining sauce and distribute reserved vegetables.
- ◊ Cover with aluminum foil and bake 1 hour. Remove foil and bake 5 additional minutes. Let sit 10 minutes before cutting.

Recipe Adapted From: [www.cdc.gov](http://www.cdc.gov)  
Nutrition Information: 9 servings, each contains: 240 calories, 5g fat (2g saturated), 17g protein, 6g fiber, 360mg sodium, 10 mg cholesterol

Check back next month  
for August's Local Pick:  
**Blueberries**

Brought to you by:

The Benton County Healthy Weight and Lifestyle Coalition, Healthy Albany Partnership and Healthy Active Lebanon  
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