

# Pick a **better** snack™ – THE COLOR WAY

## MUSHROOMS

*Wash. Slice. Eat. How easy is that?*



Although mushrooms lack the bright color of other produce, this fungus is low in calories with a unique flavor. When purchasing, choose mushrooms with a firm texture. Avoid those that appear slimy or pitted. Button mushrooms should have a closed veil (area where cap meets the stem). Portabellas should be dry to the touch. Storing: If the mushrooms were purchased in a shrink-wrapped container, keep them wrapped for up to one week on a shelf in the refrigerator (crisper drawer is too humid) until ready to use. Store mushrooms purchased in bulk in a loosely closed paper bag with a lightly moistened paper towel and use within a few days.

### PREPARING PORTABELLA MUSHROOMS

Before using any of these cooking methods, brush or spray portabellas lightly with oil. OR, marinate briefly in one of the following: Italian dressing, teriyaki sauce, balsamic vinegar or barbecue sauce.

- Grill/Broil: Grill or broil 4-6 inches from heat source on each side brushing once or twice.
- Roast: Place on baking sheet, gill side down. Roast in 425°F oven for 20 minutes.
- Microwave: Place in microwave safe dish, gill side down. Cover with waxed paper. Cook on high 5-6 minutes for 8 ounces of portabellas.

### GRILLED PORTABELLO POTATO TOPPING (SERVES 4)

4 Potatoes

1 Portabello mushroom (large) 6-8 oz.

5 teaspoons olive oil

1 Tablespoon Balsamic vinegar

Salt and pepper

1 cup each: onion and sweet pepper, thinly sliced

Cook potatoes either in microwave or conventional oven. Remove stem from mushroom; chop and reserve. Combine 1 Tablespoon olive oil, vinegar and salt and pepper to taste; brush mushroom cap with mixture. Grill or broil, rounded side up, 4 inches from heat, about 2 minutes. Turn mushroom cap, brush with more oil mixture and broil second side until heated through. Set aside. Sauté mushroom stem, onion and pepper slices in remaining oil and vinegar mixture until crisp-tender. Cut or pierce tops of potatoes lengthwise; squeeze ends and push toward center to open. Slice grilled mushroom and arrange on potato. Top with vegetable mixture.

WHITE fruits and vegetables in your low-fat diet help maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way™, visit [www.5aday.com](http://www.5aday.com).