Mushrooms Offer Meal Variety

Mushrooms are versatile and nutritious ingredient to add to your diet. Rich in B-vitamins and trace minerals, they help release energy from other foods and are an excellent accompaniment or main staple within your meal rotation. They also are an excellent source of potassium, which helps regulate blood pressure.

As a Meat Replacement

Mushrooms are a low-calorie, low-fat option that can imitate the flavor and texture of meat in some meals, which can help you maintain a healthy weight. Studies show that mushrooms also offer antioxidants to protect against certain types of cancer and chronic disease.

Ways to Enjoy Mushrooms

There are over 2,000 varieties of edible mushrooms that are versatile across many types of cuisine. Find them in Asian and Italian meals, and even on the grill at home. Here are some ideas to incorporate them into your routine:

- Try porcini mushrooms which have a nutty flavor in creamy pastas and risotto.
- Skewer mushrooms with your favorite vegetables and grill the kabobs for a light and easy meal.
- Sprinkle sliced mushrooms on a pizza or add a serving at breakfast in an omelet.
- Add mild white button mushrooms to soups and salads.
- Marinate and grill a portobello mushroom cap and serve on a bun like a burger. Or chop and mix them with ground beef to lighten the calories and fat of a traditional burger.


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