

MUSHROOMS

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Sometimes referred to as “toadstools,” mushrooms are classified as vegetables and come in a variety of colors from milky white to brown.
- In general, mushrooms have an earthy, woody flavor. Some varieties may taste nuttier or meatier.
- Select mushrooms that are firm and smooth in appearance. The surface should be dry but not dried out.
- 1 cup of Chanterelle mushrooms contains:
 - 10% of your recommended daily value of iron to promote healthy circulation and overall development.
 - 7% of your recommended daily value of potassium to support kidney and heart function.



PREPARE

Wash and dry before eating it. Cut in half through the stem, and slice each half.
Try mushrooms:

- *Sauteed* as a side for meat, fish, or pasta dishes.
- *Sliced* and used as a topping for pizzas and toasted sandwiches.
- *Cut up* and added to soups, stews, and rice dishes like risotto.

STORE

- To keep fresh, mushrooms need air, so they should not be stored in a tightly sealed container.
- Place mushrooms in a small bowl of container, cover in plastic wrap, and poke holes. You can also wrap in paper towel and store inside an open plastic bag.
- Refrigerate for up to one week to keep fresh.