

# MUSHROOMS

Scan for videos & resources



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 or 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.