

Shopper's Guide

Selection

Handle mushrooms carefully in selection, storage, and preparation to avoid damage. Damage can affect the taste and texture of mushrooms as well as the nutritional value.

Look for

Young mushrooms that are small to medium in size. Most caps (tops) should be closed around the stem. Some caps can be open with pink or light-tan gills. The surface of the cap should be white or creamy, or uniform light brown.

Avoid

Overripe mushrooms (shown by wide-open caps and dark, discolored gills underneath). Avoid those mushrooms with pitted or

Storage

Keep boxed mushrooms in their packages. Place in the refrigerator. Loose mushrooms are best stored in a paper bag and placed in the refrigerator. Do not tightly pack mushrooms into a plastic bag. Do not put mushrooms in the vegetable crisper of the refrigerator because moisture will make the mushrooms decay faster. Fresh mushrooms will keep for about 1 week.



Recipe Collection

Barley Mushroom Vegetable Soup

Serves 4

Ingredients:

- 1 Tablespoon olive oil
- 1 chopped red onion
- 2 sliced thin celery stalks
- 2 peeled and sliced thin carrots
- 2 cups sliced mushrooms
- 1/2 cup barley, quick cooking
- 1 teaspoon garlic powder
- 1/2 teaspoon ground thyme
- 3 cups chicken broth

Instructions:

1. Heat olive oil in large soup pot over medium-high heat. Sauté onion, celery, carrots and mushrooms until golden
2. Add the rest of the ingredients and bring to a boil.
3. Lower heat to a simmer. Cook until the barley is tender (20 minutes).
4. Serve hot.

Nutrient Data

Serving Size for 1 1/2 cup: Calories 170, Total Fat 4g, Saturated Fat 1g, Cholesterol 0 mg, Sodium 500mg, Carbohydrate 27g, Dietary Fiber 7g, Protein 7g, Vitamin A 170%, Vitamin C 15%, Calcium 4%, Iron 10%

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Mushrooms



What's So Great about Mushrooms?

Nutrient-Rich

Mushrooms are a good source of Vitamin D, riboflavin, and B vitamins such as niacin. Mushrooms provide minerals like copper and selenium. Mushrooms are low in calories and sodium. All varieties are free of fat and cholesterol.

Always Available

Mushrooms are inexpensive and available year-round. All forms of mushrooms—dried, canned, frozen or fresh—are healthy.

Many Uses

Eaten fresh or cooked, mushrooms can be the main course or put into soups, salads or other side dishes.



Nutrition Information for 1 cup Mushrooms

Nutrition Facts

Serving Size 1 cup, pieces or slices 70g (70g)
Servings Per Container 1

Amount Per Serving

Calories 15 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 3%

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Did You Know?

- Mushrooms do not have leaves, roots, flowers and seeds. Instead, they are considered to be fungus. Fungus is a net of fibers called mycelium that grows in soil, wood, or decaying matter.
- Mushrooms come in many varieties, more than 38,000 are available.
- Some mushrooms can be toxic. To be safe, get mushrooms at the market rather than pick your own.



Key nutrient facts are circled in green.