



How to Add Mushrooms to...

Lunch

- A grilled portabella “burger” is a tasty and nutritious choice for teens who are vegetarian.
- For a quick lunch make a mushroom melt. Top whole wheat English muffin halves with some sliced fresh mushrooms and low-fat cheese.
- Baste grilled mushroom kebabs with some good quality balsamic vinegar and olive oil. Serve with brown rice or whole wheat couscous.
- Add sliced fresh mushrooms to both meat and vegetable quesadillas.
- Add fresh enoki mushrooms to broths and Asian-style soups.
- Perk up steamed green beans with the addition of lightly sautéed white button mushrooms.
- Mushrooms and vegetable kabobs make a fun and flavorful lunch.
- Add sliced, grilled Portabella or shiitake mushrooms to Asian rice and noodle lunches.
- Potato and pasta salads are a great place to add some sliced or chopped fresh mushrooms.
- Lend extra “spice” to Southwestern dishes by adding mushrooms to quesadillas, tacos and burritos.
- Mix in $\frac{1}{2}$ cup chopped shiitake mushrooms into canned soups. Substitute $\frac{1}{4}$ cup sliced fresh crimini or brown mushrooms on panini for 2 slices of provolone cheese.
- Make soup with a vegetable stock instead of beef broth and add $\frac{1}{2}$ cup sliced shiitake mushrooms instead of 3 oz. of chicken.
- Layer $\frac{1}{2}$ cup sliced grilled portabella mushrooms onto sandwiches instead of 3 oz. salami.
- Make your own cream of mushroom soup with your favorite mushrooms, seasonings and 1% milk.

