



## FABULOUS FUNGI

# mushroom

Mushrooms are nutrient-dense and contain a variety of antioxidants.

**A**dd mushrooms to your favorite dish! Fresh mushrooms can be added to everyday dishes to provide an extra serving of vegetables and deliver important nutrients such as riboflavin (vitamin B2) and niacin (vitamin B3). Eating more fruits and vegetables like mushrooms can help reduce the risk of stroke.

### Did you know?

- Mushrooms are fat-free and low in calories.
- Because mushrooms contain no chlorophyll, they can't make their own food from the sun; instead, they rely on other plants to support their growth.
- Florida mushrooms are available year-round.

**Florida mushrooms are predominately grown in Alachua and Suwannee County.**

### Shopping, Preparing and Storing

- Look for unblemished mushrooms with no signs of bruising, tearing or soft spots. The stems should still be intact and the caps firm, not shriveled or dry.
- Store mushrooms unwashed in a paper bag for up to three days. Mushrooms absorb smells, so don't store them next to strong-smelling foods.
- Don't wash mushrooms before storing them because they readily absorb water.

### Cooking Tips

- Mushrooms are versatile and can be eaten raw or cooked, whole, sliced or chopped.
- When cooking whole, choose uniform-size mushrooms so they cook at the same rate.

### PENNE WITH MUSHROOMS

**8 ounces dry penne pasta**  
**2 tablespoons olive oil**  
**1 clove garlic, finely chopped**  
**1 pound mushrooms, sliced**  
**Salt and pepper to taste**  
**1 tablespoon butter**  
**¼ cup Parmesan cheese, grated**



1. Bring a large pot of water to a boil. Place penne in pot and cook for 8-12 minutes, until al dente and then drain.
  2. Heat oil in skillet and cook the garlic and mushrooms until tender.
  3. Season with salt and pepper, and mix in the butter.
  4. In a large bowl, toss cooked pasta with the mushroom mixture and sprinkle with cheese.
- Serve.



[www.livinghealthyinfl.com](http://www.livinghealthyinfl.com)



#### FRUITS

Make most of your choices whole or cut fruit instead of juice.

#### VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

#### GRAINS

Make at least half of your grains whole grains.

#### DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

#### PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.