Mushrooms

Nutrition Facts

One Serving Mushrooms (84 grams, about one cup)

- Excellent source of riboflavin (20% DV)
- Good source of copper (15%)
- 20 calories

Dole Recipe: Barley Risotto With Mushrooms And Spinach

(More recipes available at dole.com)

Serves: 6 Prep Time: 1.25 hours

Ingredients:
- 8 cups low-sodium chicken broth or vegetable broth
- 2 tablespoons olive oil, divided
- 1½ cups diced DOLE® Onion
- 1 cup pearled barley
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- 8 oz. DOLE White Button Mushrooms, washed and sliced
- 8 oz. DOLE Baby Bella Mushrooms, washed and sliced
- 1 pkg. (8 oz.) DOLE Spinach
- ½ cup grated Parmesan cheese

Directions:
1. Bring broth to a boil; reduce heat to low and set aside.
2. Heat 1 tablespoon of olive oil over medium heat in a 3 quart saucepan. Cook onions for 5 minutes, stirring occasionally. Add barley and cook 2 minutes, until barley is coated and lightly toasted. Add 2 cups warm broth to the barley, bringing to a boil. Then immediately reduce heat to a simmer and continue cooking until broth is almost absorbed, about 8 minutes, stirring frequently. Add remaining warm broth, 1/2 cup at a time, allowing the broth to be absorbed in between each addition. Stir frequently until barley is tender, about 40 to 45 minutes.
3. Meanwhile, heat remaining olive oil, garlic, thyme and mushrooms in a skillet. Cook mushrooms for 5 minutes or until liquid evaporates. Add spinach and cook 2 minutes until spinach wilts, set aside.
4. Fold Parmesan cheese and mushroom-spinach mixture into barley risotto and serve immediately.

How to Make Ground Mushrooms

Mushrooms make a great substitute for ground meat. Use ground mushrooms in tacos, lasagna, stuffed peppers and more!

Method: Roughly chop mushrooms and pulse in food processor three times or until finely chopped (about the size of a pea). Use in recipes that call for ground meat.
Institutions worldwide have studied mushrooms and their important nutrients. Here are a few relevant studies and nutrition talking points:

Eating mushrooms may improve immunity, as seen by improved T-cell proliferation and activation and increased secretory immunoglobulin A (sIgA) production, both markers of immunity.

- **Consuming Lentinula edodes (Shiitake) Mushrooms Daily Improves Human Immunity:** A Randomized Dietary Intervention in Healthy Young Adults. Daia X et al. Journal of the American College of Nutrition, Volume 34, Issue 6, 2015.

Eating white button mushrooms may promote innate immunity against tumors and viruses through the enhancement of natural killer cell activity.

Eating mushrooms may help lower total blood cholesterol level, which helps promote heart health.

Mushroom phytochemicals have been found to inhibit an angiotensin I converting enzyme (ACE), an antihypertensive effect that may help with blood pressure management.

Eating mushrooms may help lower serum triglycerides and total cholesterol levels and promote free radical scavenging.

Get #creative in the kitchen! Use #mushrooms in salads, with pasta, stuffed, or in a quiche!

#Mushrooms are a great dinner option. They’re low in calories & sodium and packed w/ vitamins & minerals. Try a mushroom burger!

Store #mushrooms unwashed in the fridge in a paper or plastic bag w/ poked holes to keep them #fresh. Wash before eating.

#Mushrooms have a wide variety of nutrients. Add them to #breakfast in omelets, #lunch in salads, or #dinner in stirfrys!

#Mushrooms make a great substitute for meat. Try them in veggie lasagnas, tacos, burgers or pasta sauces.

**Tweets**

- September: National Mushroom Month
- October 15: National Mushroom Day
- April 16: Day of the Mushroom