

## MUSHROOM

### Types

Mushrooms are various edible species of fungi. Mushrooms sold at a farmers market may be farm-raised (such as button, portabello, shiitake) or can be foraged (such as morels and chanterelles). Wild mushrooms tend to be more expensive than standard button mushrooms but are a great treat, and don't need to be purchased in large quantities to enhance a home-cooked meal.

#### Major species include:

**Agaricus bisporus:** button, crimini, portabello

**Lentinula edodes spp.:** shiitake

**Morchella spp.:** morels

**Cantharellus spp.:** chanterelles

### Selection Info

Look for mushrooms with smooth tops. Avoid those that are wet, moldy, or broken. Please note that it is not advisable to forage for mushrooms on your own, because some are poisonous. Mushrooms sold at farmers markets are required to have a professional ID expert on-hand to verify variety and safety.

### Preparation

Mushrooms can be eaten raw or cooked. Here are a few tips for working with mushrooms. Store-bought mushrooms can be cleaned with a damp cloth. Do not wash or soak store-bought mushrooms in water. Foraged mushrooms (like morels) need to be soaked in lukewarm, salted water for about 1/2 hour. Gently swish them in clean water and continue to rinse until all grit is gone. Cut morels should

from stem to tip and then rinse the grit from the inside cavity. The easiest way to prepare wild mushrooms is to sauté them lightly in butter or olive oil with a bit of salt. Sautéed mushrooms can top any dish, from steak, to a salad, to a sandwich, to scrambled eggs.

**Sauté:** Melt a small amount of butter or oil in a large skillet, add the mushrooms, and cook until they are golden brown, usually about 5 minutes.

**Roast:** Heat oven to 450°F. Toss whole mushrooms in a little olive oil and place them in a shallow baking dish. Bake for about 20 minutes, stirring occasionally until golden brown.

**Grill:** Brush whole mushrooms lightly with olive oil and season with salt and pepper. Grill 4 to 6 inches from heat source for 4 to 6 minutes; keep mushrooms lightly coated to keep them moist while cooking. This works best with larger mushrooms, such as portobellos.

**Microwave:** Place mushrooms in microwave safe bowl, cover and cook on high for two to three minutes stirring once. No butter or oil is needed.

### Storage

**Short-Term Storage:** Wipe mushrooms with a damp cloth do not wash in water. After they are clean, store them in a paper bag and refrigerate for up to 10 days.

**Long-Term Storage:** Many mushrooms can be dried, frozen, or canned.

Dried mushrooms can be stored at room temperature. Follow the instructions for your food dehydrator for the proper times and temperatures for drying mushrooms. To store dried mushrooms for longer periods, pack them in freezer bags and freeze for up to 9 months.



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# SPINACH AND MUSHROOM ENCHILADA CASSEROLE

## Ingredients

- 2 teaspoons olive oil
- 1 medium onion (chopped)
- 2 garlic cloves (minced)
- 3 yellow banana chile peppers (seeded, deveined, and minced)
- 3 pounds mushrooms (sliced)
- 1 14-ounce can enchilada sauce (preferably green)
- 8 6-inch corn tortillas (cut in half)
- 1/4 teaspoon salt
- 1/2 teaspoon dried oregano leaves
- 2 10-ounce packages frozen chopped spinach (thawed)
- 6 1/2 ounces reduced fat Monterey jack cheese (grated)

## Directions

1. Heat oven to 350°F.
2. In a very large, nonstick skillet, heat oil over medium-high.
3. Add onion, garlic, and peppers and stir. Add mushrooms and cook until the liquid evaporates (15-20 minutes). If the pan is not large enough, cook mushrooms in batches.
4. Stir in salt and oregano.
5. Drain the spinach, squeeze it dry, and mix it thoroughly with the mushroom mixture.
6. Pour half of the enchilada sauce into a 13x9-inch baking dish.
7. Arrange 8 tortilla halves over the sauce in the baking dish. You'll use the other 8 tortilla halves later.
8. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
9. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom
10. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture, and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese.
11. Cover baking dish with foil and bake until casserole is steaming hot in the center (about 30 minutes).
12. Allow casserole to cool for 5 minutes before serving.



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### Nutrition Information

Serving Size	1/8 of recipe	
<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	220	
Protein	15g	
Carbohydrates	25g	8
Dietary Fiber	6g	24
Total Sugars	6g	
Total Fat	9g	14
Saturated Fat	3.5g	18
Cholesterol	15mg	5
<b>Minerals</b>		
Calcium	30	
Sodium	630mg	26
Iron	15	
<b>Vitamins</b>		
Vitamin A	170	
Vitamin C	45	