



Give Them More  
of the  
Good Stuff!

# Mushroom Basics



## Shop and Save

✿ Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you choose the size and amount you want.

✿ Choose fresh mushrooms that are dry and firm. Avoid mushrooms that look damp.

✿ Look for fresh and dried mushrooms and mushroom powders at grocery stores, farmers markets and specialty stores.

✿ Find canned and frozen mushrooms at most grocery stores.



Mushrooms are a good source of B vitamins, which help the body produce energy from food.



Button  
(White)



Cremini  
(brown, baby bella)



Portabella



Shiitake



Enoki



Morel



Oyster



Chanterelle



Porcini



Lion's Mane

*Some wild mushrooms are very toxic. Only eat mushrooms identified by an experienced mushroom expert (mycologist).*

## Store Well Waste Less

✿ Refrigerate fresh mushrooms in containers with airflow, such as paper bags. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.

✿ For best quality, use fresh mushrooms within a week. For longer storage, sauté and freeze in airtight containers for 10 to 12 months.

✿ Clean mushrooms just before using. Brush the surface with a soft brush or damp paper towel, or rinse under cool running water and pat dry.

✿ Store dried mushrooms and mushroom powders in airtight containers in a cool, dark and dry place for up to 2 years.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Mushrooms

## Using Mushrooms

- ❁ Mushrooms have a savory flavor called umami. Enjoy them cooked many ways, including sautéed, roasted, broiled and grilled.
- ❁ Substitute different mushrooms for each other in most cooked recipes.
- ❁ Slice or chop button, cremini, portabella and enoki mushrooms to eat raw in salads, grain bowls or with dips.
- ❁ Soak dried mushrooms in warm water and rinse before using. Strain and save soaking water for a flavorful broth.
- ❁ Add dried mushroom powder to flavor roasted vegetables, broths, soups and stews.

## Mushroom Math

1 pound fresh mushrooms =  
4 to 5 cups sliced =  
2 cups cooked =  
3 ounces dried and rehydrated

## Simple Sautéed Mushrooms

### Ingredients:

- 1 Tablespoon **vegetable oil**
- 2 cloves **garlic**, minced
- 1½ cups chopped **onion**
- 3 cups sliced **mushrooms**
- ¼ teaspoon **salt**
- ¼ teaspoon **pepper**

### Directions:

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook until it begins to soften, about 3 minutes. Add garlic and cook another minute.
3. Add mushrooms, salt and pepper. Cook and stir occasionally until the liquid evaporates and mushrooms begin to brown.
4. Refrigerate leftovers within 2 hours.

**Makes** 1½ cups

**Prep time:** 7 minutes

**Cooking time:** 10 to 15 minutes

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy, tasty  
mushroom  
recipes

## Mushroom Bulgur Pilaf

### Ingredients:

- 1½ teaspoons **vegetable oil**
- 1 cup chopped **onion**
- 3 cups sliced or chopped **mushrooms**
- ¾ cup **bulgur**
- 1½ cups low-sodium **broth** (any type)
- ½ teaspoon **garlic powder**
- ¼ teaspoon **pepper**
- 2 cups packed fresh **spinach**, roughly chopped

### Directions:

1. Wash hands with soap and water.
2. Heat oil in a medium pan on medium heat. Add onion and cook until softened, about 3 to 4 minutes.
3. Add mushrooms. Cook and stir often until they begin to brown.
4. Add bulgur and stir until lightly browned.
5. Add broth, garlic powder and pepper. Cover pan with a lid or plate and reduce heat to low.
6. Cook for 15 to 20 minutes or until bulgur is tender and liquid is absorbed.
7. Remove from heat, stir in spinach and serve.
8. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 10 minutes

**Cooking time:** 30 to 40 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ gently wipe or rinse mushrooms.
- ❁ use a cutting board to slice or chop vegetables.
- ❁ use a long handled spoon or spatula to stir vegetables safely.