

# This Week's Produce Pick... MUSHROOMS

## Varieties:

There are 8 varieties of commercially cultivated mushrooms available for purchase all year round; White Button; Crimini; Portabella; Shiitake; Oyster; Maitake; Beech; and Enoki.

## Selecting:

Purchase mushrooms that are firm with a fresh, smooth appearance. Surfaces should be dry, but not dried out, and appear plump.

## Cleaning:

Brush off any peat moss with your fingers or a damp paper towel, or rinse the mushrooms briefly under running water and pat dry with a paper towel. Do not soak mushrooms in water as they easily absorb moisture.

## Nutrition:

Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains. Mushrooms are low in calories, fat-free, cholesterol-free, gluten-free, and very low in sodium, yet they provide important nutrients, including selenium, potassium (8%), riboflavin, niacin, vitamin D and more.

Nutrition Facts	
Serving Size 5 medium (84g/3.0 oz)	
Servings Per Container about 5	
Amount Per Serving	
<b>Calories 20</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Potassium 300mg</b>	<b>9%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
Vitamin D 2%	• Thiamin 4%
Riboflavin 20%	• Niacin 15%
Vitamin B6 4%	• Folate 4%
Pantothenic Acid 15%	• Phosphorus 8%
Magnesium 2%	• Zinc 2%
Selenium 10%	• Copper 15%
Manganese 2%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	85g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Slow Cooker Beef & Mushroom Chili

### Ingredients:

8 oz fresh crimini mushrooms	1 red pepper, finely chopped
1 onion, chopped	1 can kidney beans, drained & rinsed
2 cloves garlic, minced	1 can diced tomatoes
1/2 lb lean ground beef, crumbled	1 can tomato paste
1 green pepper, finely chopped	2 tbsp chili powder
	1 1/2 tsp dried Italian herbs
	1 tsp ground cumin
	1 tsp salt

### Directions:

Place the mushrooms, onion and garlic in a food processor fitted with a metal blade. Pulse until finely chopped. Combine the mushroom mixture, ground beef, green pepper, red pepper and beans in a slow cooker.

Stir the diced tomatoes with the tomato paste, chili powder, seasoning blend, cumin and salt until well combined. Pour the tomato mixture into the slow cooker. Cook on high for 5 hours or on low for 10 hours.

Tip: Garnish with cheddar cheese, sour cream, green onion and serve with tortilla chips or in a bread bowl for a fun and tasty dinner.



## The Blend

Mushrooms and ground meat blend seamlessly to add an extra serving of vegetable to the plate by enhancing or extending the meat. It works because finely chopped, umami-rich mushrooms look similar and take on the flavor properties of meat and other flavors. Add nutrients to America's iconic foods without losing taste or satisfying texture.