

# Marvelous Mushrooms

April 25, 2024



## Concepts Taught

- Learn the nutritional content of mushrooms.
- Review how those nutrients play a role in health.
- Learn about mushroom varieties and how to use.
- Leave with three recipes using mushrooms.

## Nutritional content

- Mushrooms provide:
  - **Potassium**
    - Regulates fluid balance and muscle contractions
  - **Vitamin D**
    - Helps body absorb calcium for strong bones
  - **Vitamin B6**
    - Important for healthy nervous system and immune function
  - **Magnesium**
    - Helps regulate muscle and nerve function
  - **Selenium**
    - Important for DNA production, protection from free radicals (harmful to health)
  - **Copper**
    - Important for energy production, blood vessels and connective tissue
  - **Riboflavin (vitamin B2)**
    - Important in metabolism; energy production, breakdown of carbs, protein, fat
- Could help with weight management, lowering blood pressure and risk of heart disease if eaten as part of a well-balanced diet

## Mushroom varieties

- **Portabella:**
  - Provides selenium, copper, riboflavin
  - Hearty, meaty, steak-like texture
  - Uses: Sauté for a side dish, finely chop and add to lentils or ground meat, remove stem and stuff the cap, remove stem and use cap as a burger patty
- **White Button:**
  - Provides selenium, copper, riboflavin
  - Mild flavor, semi-firm, craps when eaten raw
  - Uses: Sauté as a side dish, add to egg dishes - omelet, scrambled eggs, frittata, sauté with onions for steak or on burgers, sauté with onions and peppers for fajitas, raw in salads
- **Shiitake:**
  - Provides selenium and copper
  - Woodsy flavor, meaty, savory
  - Uses: Add to stir fry or ramen bowl, add to soup (eg. wild rice mushroom soup), vegetarian meatloaf, add to pizza or pasta dishes, use stems in soups and stocks for flavor
- **Oyster:**
  - Provides potassium, fiber, and some B vitamins
  - Delicate seafood flavor, velvety texture
  - Uses: roast whole (like a roasted chicken), stems are edible, can be torn apart to use individual mushrooms in dishes (salads, noodle bowls)
- **Lion's Mane:**
  - Provides potassium and some B vitamins
  - Mildly sweet, tender, mimics texture of scallops or crab
  - Uses: sauté using dry heat, add fat and seasonings after crisp, seafood substitution in surf and turf, crab salad, crab cakes

## Recipes

- <https://www.mushroomcouncil.com/recipes/blended-sausage-and-mushroom-frittata-with-potatoes-and-goat-cheese/>
- <https://www.mushroomcouncil.com/recipes/mexican-inspired-stuffed-portabella-mushrooms/>
- <https://www.mushroomcouncil.com/recipes/oyster-mushrooms-and-romesco/>
- <https://www.mushroomcouncil.com/recipes/lions-mane-orange-chicken-rice-bowls/>