

Make It With Mushrooms e-Newsletter

Warm up winter with mushrooms, nature's hidden treasure. Fat-free, low-calorie, nutrient-rich and delicious, mushrooms are perfect with any of your favorite everyday dishes.



Make It With Mushrooms Recipe Contest - Nearly 4,000 mushroom-lovers entered our contest! To check out the winning recipes and find other delicious recipes made with mushrooms, visit mushroominfo.com.

Go for the Best Life - Heard about "The Best Life Diet," the new book from Oprah's personal trainer Bob Greene? Look for the Best Life logo on packages of fresh mushrooms and savor the comforting flavor of Bob Greene's [Mushroom Barley Risotto](#) recipe.

Look for Mushrooms on the Menu - Chefs know that fresh mushrooms add flavor to menu items without adding fat or a lot of extra calories. They're putting them in everything from omelets and breakfast wraps to sandwiches and pasta. Look for mushrooms on the menu the next time you eat out!

Have any questions about mushrooms or want to share some of your favorite recipes?

E-mail Us!

Do you have a mushroom-loving friend who would appreciate this information? Simply enter their e-mail address below.

Your friend's email:

Send

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