

Make Mushrooms your *Pick* this Season with Weight Watchers

To kick off fall's bountiful harvest, **mushrooms** are the highlight of Weight Watchers ***Pick of the Season***, a public health program that promotes the nutritional benefits of fresh produce. Did you know that in addition to being fat-free, low-calorie, cholesterol-free and very low in sodium, mushrooms are nutrient-rich and have the elusive "fifth taste" *umami*, which means delicious in Japanese?

Next time you're in the grocery store, keep an eye out for the Weight Watchers ***Pick of the Season*** seal on mushroom packages or signs in your produce aisle.

And the ***Pick of the Season*** is just in time for National Mushroom Month, a month of celebration for fresh mushrooms grown in the U.S. Start your celebration today with one of the Weight Watchers mushroom recipes listed below!



Mushroom Scramble Mug

You don't have to skip breakfast with this quick, satisfying [Mushroom Scramble Mug](#). It's microwavable and easy to take on-the-go!



Mini Mushroom Burger

Satisfy burger cravings with [Mini Mushroom Burgers](#). Mushrooms deliver a meaty taste and texture with no fat and just 20 calories per serving.



Tilapia with Mushrooms, Olives and Tomatoes

This easy and light weeknight dinner pairs [Tilapia with Mushrooms, Olives and Tomatoes](#).

Annual Mushroom Festival

In celebration of National Mushroom Month more than 100,000 mushroom lovers attended the 23rd annual Mushroom Festival in Kennett Square, PA. This fun two-day street festival featured cooking demonstrations, mushroom farm tours, a mushroom parade, and unique activities like bobbing for mushrooms and tasting mushroom ice cream! For those who couldn't make it to the festival, it's easy to celebrate right at home with Weight Watchers mushroom recipes.

Have any questions about mushrooms or want

Do you have a mushroom-loving friend who

to share some of your favorite recipes?

would appreciate this information? Simply [click here](#) and enter their e-mail address.

E-mail Us!

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Mushroom Council
2880 Zanker Road, Suite 203
San Jose, California 95134 USA
mushroominfo.com

