

# Make It With Mushrooms e-Newsletter

Get ready for Memorial Day weekend and summer grilling with mushrooms, nature's hidden treasure. Fat-free, low-calorie, nutrient-rich and delicious, mushrooms are perfect for every cookout!



### Grill It Up with Mushrooms

Mushrooms are the grilling hero at summer cookouts because they can take the heat and absorb marinades, just like meat, while offering a variety of health benefits. Be sure to invite mushrooms to your next cookout with grilling recipes like [Rosemary Chicken and Mushrooms with Mixed Vegetables](#).

### Mushrooms' Antioxidants

Did you know mushrooms have natural antioxidants (8-22 mcg of selenium and 2.8-4.9 mg of ergothioneine per serving)? In fact, the antioxidant capacity of Portabella and crimini mushrooms is similar to that of red peppers and broccoli! Visit the Mushroom Council Web site to learn more about [mushrooms and your health](#), and why they're an ideal food for every body.

### Mushrooms: A Top Topping

Mushrooms are the #3 topping on pizza, right behind pepperoni and sausage. In today's pizza restaurants, chefs are finding starring roles for fresh mushrooms in new and innovative ways. Try [Grilled Mushroom Medley Pizzas](#) for a new take on pizza at home. And the next time you order a pizza, be sure to ask for fresh mushrooms!

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? Send them this newsletter!

Your friend's email:

Send

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