

Mushrooms

Nature's Hidden
Treasure

Top Reasons to Celebrate Mushrooms Every Day, Every Way

- Weight Management:** Mushrooms are low in calories, fat free, and can be an effective substitute for meats thanks to their hearty and fulfilling nature.
- Vitamin D:** Mushrooms are the only fresh fruit or vegetable with vitamin D.
- Versatility:** Mushrooms are a kitchen staple: they can star as the feature ingredient, or pair with any dish.
- Popularity:** Mushrooms join tomatoes and broccoli as one of the three most popular vegetables among U.S. consumers.
- Flavor without Sodium:** Mushrooms are low in sodium, plus their umami counterbalances saltiness and allows for less salt to be used in a dish, without compromising taste.
- Cancer Research:** Initial studies show compounds in mushrooms suppress the effects of aromatase, an enzyme that helps the body make estrogen. Blocking aromatase is a way physicians reduce circulating estrogen levels, which is important in addressing hormone-dependent breast cancers.
- B Vitamins:** Mushrooms provide B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.
- Antioxidants:** Within the produce aisle, mushrooms are a leading source of the antioxidant selenium, which helps strengthen the immune system and protects body cells from damage that might lead to chronic diseases. Mushrooms are one of the best dietary sources of the antioxidant ergothioneine, which is known for its role in immunity.
- Blood Pressure:** White button mushrooms (stir-fried with water) have more potassium per 100g serving than a banana; potassium plays a role in blood pressure control.
- High Demand:** Mushrooms appear on more restaurant menus than ever before! Since 2005, there has been a 12.5 percent increase in mushrooms on menus. Mushrooms are everywhere – college dining halls, school cafeterias, and on-the-go in mobile food trucks



For full recipes and more information, visit www.mushroominfo.com, and follow the [Mushroom Channel](#) on [Twitter](#) and [Facebook](#).

Mushroom Tacos with Salsa Verde

The Start of a Healthy Plate

Mushrooms can be the “hidden treasures” in your meal, thanks to their meatiness and versatility. Swap umami-rich mushrooms for higher-calorie ingredients to reduce the calories and fat in a dish without sacrificing satisfaction.

Try it for yourself! These Mushroom Tacos with Salsa Verde call for a blend of mushrooms and beef.

Mushroom Tacos with Salsa Verde (serves 8)

Ingredients	Amounts
Olive Oil	2 Tbsp.
85% Lean Ground Beef	½ lb.
White Button Mushrooms	¾ lb.
Crimini Mushrooms	¾ lb.
Sweet Onions, julienne	2 cups
Garlic, chopped	1 Tbsp.
Chili Pepper, ground	4 Tbsp.
Salt and pepper	To taste
Lime Juice	To taste
Corn Tortilla	8
Green Cabbage, shredded	1 cup
Salt	To taste
Black Pepper	To taste
Lime Juice	To taste
Cilantro Leaves	2 Tbsp.
Avocado Salsa Verde	1 recipe
Cotija Cheese, grated	4 Tbsp.

Avocado Salsa Verde

Ingredients	Amounts
Avocado, large ripe, peeled, seeded and cut in ½” dice	1
Tomato, cut in ¼” dice	1/3 cup
Onion, finely chopped	2 Tbsp.
Serrano Chile, seeded and minced	½ tsp.
Garlic, minced	½ tsp.
Lime or lemon juice	1 Tbsp.
Cilantro Leaves, chopped	2 Tbsp.
Sugar	¼ tsp.

All Beef Tacos

100% Ground Beef

Nutrition Facts	
Serving Size 1 Taco (254g)	
Servings Per Container 8	
Amount Per Serving	
Calories 460	Calories from Fat 220
%Daily Value*	
Total Fat 24g	37%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 105mg	35%
Sodium 115mg	5%
Potassium 570mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 34g	
Vitamin A 100%	Vitamin C 20%
Calcium 10%	Iron 25%
Vitamin D 2%	Thiamin 8%
Riboflavin 15%	Niacin 45%
Vitamin B6 30%	Folate 20%
Pantothenic acid 10%	Phosphorus 35%
Magnesium 15%	Zinc 50%
Selenium 35%	Copper 10%
Manganese 10%	
* 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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Mushroom and Beef Tacos 75% Mushrooms 25% Ground Beef

Nutrition Facts	
Serving Size 1 Taco (254g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 70mg	3%
Potassium 690mg	20%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 11g	
Vitamin A 100%	Vitamin C 20%
Calcium 10%	Iron 10%
Vitamin D 100%**	Thiamin 10%
Riboflavin 35%	Niacin 30%
Vitamin B6 15%	Folate 25%
Pantothenic acid 20%	Phosphorus 20%
Magnesium 10%	Zinc 15%
Selenium 30%	Copper 25%
Manganese 60%	
* 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 65g 80g
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

The mushroom and beef blend taco is a leaner dish with less calories, sodium, fat and cholesterol.

**Exact same recipes, except the mushroom/beef tacos substitutes 1½ lb. of white button and crimini mushrooms for ground beef.*

***Light-exposed mushrooms were used in the mushroom blend to arrive at 100% DV for vitamin D. Using regular mushrooms would yield a DV of approximately 1%.*

Recipe Instructions

- Heat a sauté pan over medium high heat. Place ground beef in pan and cook; season with salt and pepper. Sauté for 3 to 5 minutes until golden brown.
- Chop mushrooms to approximately the size, consistency and texture of ground beef and sauté in a separate pan with 2 Tbsp. olive oil for 3 to 5 minutes.
- Combine mushrooms and meat. Set aside.
- Heat sauté pan used for ground beef over medium high heat. Add onions and sauté until golden brown. Add garlic and cook to aroma.
- Add the mushroom/beef mixture and ground chili pepper. Sauté 2 to 3 minutes until the flavors meld. Adjust seasonings with salt, pepper and lime juice.

Avocado Salsa Verde: Combine all salsa ingredients together and refrigerate for at least one hour.

To Assemble Tacos: Toss shredded cabbage with salt, pepper, lime juice and cilantro leaves. Place 2 Tbsp. of shredded cabbage on a tortilla, and top with 2 Tbsp. of mushroom and beef mixture. Top with a generous tablespoon of avocado salsa, and sprinkle with Cotija cheese to taste.