

The Perfect Partner

On November 29 and 30, the Mushroom Council joined the [Partnership for a Healthier America \(PHA\)](#) as a key sponsor of the inaugural “[Building a Healthier Future](#)” Summit to help address solutions to end childhood obesity. The premise of PHA is to encourage collaboration to solve a problem that is too big for any group or company to solve on its own. PHA’s inaugural summit brought together 800 opinion leaders and representatives from corporations, advocacy groups, and foundations to address approaches to solving childhood obesity from every angle, with the goal of reversing the epidemic within a generation.



A critical step toward this objective is promoting healthy family eating habits; specifically, meeting the recommendations for increased fruit and vegetable consumption set forth in the 2010 Dietary Guidelines for Americans. In appreciation of the Council’s involvement, PHA CEO Lawrence A. Soler noted, “It was rewarding to have the Mushroom Council at the summit to provide samples of delicious recipes and demonstrate easy ideas to get more produce onto our plates.”

Whether at restaurants, in schools or at home, mushrooms provide what people seek when eating healthfully – flavor, nutrition, versatility, affordability. Mushrooms’ hearty texture and flavor make them compatible with meats and therefore a tasty ingredient to seamlessly swap in kid favorites like spaghetti, tacos and sloppy Joes to reduce calories (and add an extra vegetable serving).



Replacing some of the higher-calorie items in a recipe with diced mushrooms cuts calories while maintaining satiety. A simple swap can make a difference. (Check out this [mushroom and beef blend taco recipe](#).)

Are you doing something to help bring an end to childhood obesity? Let us know how you are using mushrooms to help!



Mushrooms on the Menu

At the summit, attendees enjoyed the following appetizers; tasty reminders of the potential that mushrooms can bring to the table:

- [Portabella Skins](#)
- [Portabella Mushroom and Smoked Tofu Steambuns](#)
- [Filo Purses Stuffed with Mushrooms and Artichokes](#)
- [Wonton Pizzas with Asian-Style Mushrooms](#)
- [Cremini and Pork Albondigas](#)
- [Mushroom Bulgogi Tacos](#)



Mushrooms and Immunity in the News

Take a look at how the nutrients in mushrooms may contribute to a healthy immune system.

[Fight the flu, boost your immune system, one bite at a time](#) – USA Today

[Fall Back to Good Health](#) – The Huffington Post

[Alternative Cold and Flu Remedies](#) – Women’s Health

Turning MyPlate Into YourPlate



Savory chicken and mushrooms balanced with the sweetness of raisins and red bell peppers will make this curried one-pan recipe a family favorite.

Curried Chicken with Raisins and Mushrooms

Serves: 4

Preparation Time: 30 minutes

- 1 ½ tsp. olive oil, extra virgin or virgin
- 2 boneless, skinless chicken breasts (about 12 oz), diced into 1-inch cubes
- 2 cups sliced fresh white mushrooms
- 2 cups sliced cremini mushrooms
- ½ medium red bell pepper, cut to ¾" squares
- 2 cups chicken broth, lower sodium
- 1 cup Sun-Maid raisins
- 2 cups instant whole grain rice
- 1 ½ Tbsp. curry powder

Heat olive oil in large sauté pan. With heat on medium-high, place chicken in pan and cover with lid. Cook chicken about 5 minutes. Add mushrooms and peppers to pan and sauté 3-4 minutes. Add chicken broth. Gently mix in raisins, rice and curry powder; bring to boil, reduce heat and cover. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving.

Nutrition Information per Serving (based on 4 servings): Calories: 440; Total Fat: 6g; Saturated Fat: 1g; % of Calories from Fat: 12%; % Calories from Sat Fat: 2%; Protein: 27g; Carbohydrates: 71g; Cholesterol: 55mg; Dietary Fiber: 6g; Sodium: 410mg.

An excellent source of protein, fiber, vitamin C, riboflavin, niacin, B6, pantothenic acid, potassium, phosphorus, magnesium, and copper, and a good source of vitamin A, thiamin, iron, and zinc.

Courtesy of the Mushroom Council and Produce for Better Health Foundation

Cooking Tips

- *Replace a portion of the chicken in this dish with additional mushrooms to create a leaner meal, with less calories and fat.*
- *Save time by purchasing sliced mushrooms, fresh or frozen bell pepper strips and diced chicken.*

Mouthwatering Ideas for "Mushroom Mondays"



Rosemary and Hazelnut Stuffed Mushrooms



Cream of Mushroom Soup



Mushroom Barley Risotto



Beef, Shiitake and Snow Pea Stir-Fry

Helping you Bring MyPlate to Life

The Mushroom Council recently became a National Strategic Partner in the USDA/Center for Nutrition Policy and Promotion (CNPP) Nutrition Communicators Network to further promote the 2010 Dietary Guidelines. The Council shares CNPP's goal to improve the health and well-being of Americans through promotion of healthy eating habits, with a specific emphasis on eating more produce (like mushrooms!).

Therefore, after the release of [MyPlate](#) in June, the Council teamed up with the Produce for Better Health Foundation (PBH) to dish up a plate featuring mushrooms as part of the solution to bring the "half-the-plate" message to life. Not only do mushrooms taste delicious with nearly any dish they are paired with, they also add heaps of nutrients to meals.

The Council is sponsoring five more plates to showcase how easy it is for consumers to add mushrooms to everyday dishes for extra veggies and nutrients. These plates serve as a clear, visual tool to help consumers translate what making half your plate fruits and vegetables looks like in real-life mealtime situations.

- Use the Council's plate as an example to teach your clients about *MyPlate* and the "half-the-plate" recommendation
- Share PBH's [Fruits & Veggies—More Matters MyPlate Makeover Challenge](#) with your clients so that they can see *MyPlate* in action by making the recipes at home
- Stay tuned to the [Mushroom Channel](#) for new plates and recipe ideas

City of Hope Highlights Mushrooms in Healthy Recipes

City of Hope, one of the nation's leading cancer research and treatment centers, features mushrooms in their "Super Foods for Super Health: Cooking against Cancer" initiative. Find out more about the program, which includes Mushroom Council recipes, on the [City of Hope Facebook Page](#).

Visit www.mushroominfo.com for the latest news, recipes and blog posts from the Mushroom Council. Follow us on [Twitter @MushroomChannel](#) and check us out on [Facebook](#).

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve.

