



Mushrooms



For fun facts about mushrooms, as well as tips and tricks to help you pick, prepare, and eat more mushrooms this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



February Recipes

Leek and Mushroom Orzo

Makes 9 servings

Ingredients

2 cups chopped leeks
1 tbsp. vegetable oil
2 cups sliced mushrooms
1 cup dry orzo or bulgur
2 cups low-sodium broth (any type)
1 ½ cups chopped tomato
3 tbsp. cream cheese
1 tsp. garlic powder
1/4 tsp. black pepper
1/4 tsp. salt

Directions

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Sauté leeks in oil in a medium skillet over medium heat until the leeks are soft, about 5 minutes.
3. Add mushrooms and cook until soft, about 5 minutes.
4. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
5. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
6. Add tomatoes and simmer until orzo is tender, about 2 minutes.
7. Remove from heat and stir in cream cheese, garlic powder, salt, and pepper.
8. Serve warm.

Notes

- No fresh tomatoes? Use 1 can (15 oz.) drained diced tomatoes instead.

Nutrition Facts (1/2 cup): 150 Calories, 4g Total Fat, 1.5g Saturated Fat, 5mg Cholesterol, 300mg Sodium, 24g Carbohydrates, 3g Total Sugars (0g Added Sugars), 5g Protein.

Source: www.foodhero.org

Asparagus Mushroom Melt

Makes 4 servings

Ingredients

4 English muffins
1/4 cup finely minced onion
1 cup chopped mushrooms
1 ½ tsp. vegetable oil
1/2 lb. asparagus, trimmed and sliced crosswise into 1/2 inch rounds
1/2 tsp. ground thyme, oregano, or basil
1 ½ tsp. vinegar (any type)
1 dash black pepper
1 dash salt
3/4 cup (3 oz.) shredded mozzarella cheese

Directions

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Toast muffin halves and place on a baking sheet in a single layer.
3. In a large skillet over medium-high heat, sauté onion and mushrooms in oil, stirring often, until just beginning to brown.
4. Add asparagus, thyme, and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
5. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
6. Broil muffins until the cheese melts. Watch carefully to avoid burning.

Notes

- To trim asparagus, remove the bottom 1 to 1 ½ inches of the stalk.
- No English muffins? Serve over a whole grain such as brown rice or bulgur instead.

Nutrition Facts (2 muffin halves): 230 Calories, 7g Total Fat, 2.5g Saturated Fat, 15mg Cholesterol, 480mg Sodium, 31g Carbohydrates, 2g Total Sugars (0g Added Sugars), 11g Protein.

Source: www.foodhero.org