

BREAKFAST PORTOBELLO

Serves 4



INGREDIENTS

- 4 Fresh Portobello Mushrooms
- 2 sprays Cooking Spray
- 2 Tbsp. Extra Virgin Olive Oil
- 2 Tbsp. Fresh Garlic, peeled and chopped
- 4 Eggs
- 8 Tbsp. Diced Tomatoes, canned and drained
- 1/4 tsp. Kosher Salt
- 1/4 tsp. Ground Black Pepper
- 1 Avocado, sliced
- 4 Tbsp. Feta Cheese, crumbled
- 4 Tbsp. Fresh Parsley, chopped

INSTRUCTIONS

1. Clean and remove the fins and stem of the Portobello. Discard the fins and keep the stem for another recipe.
2. Spray a sheet tray and place the mushrooms fin side up evenly spaced onto the tray. Drizzle with olive oil, and top with the chopped garlic.
3. Place into a 350° F oven for 5-7 minutes or until just fork tender. Remove from the oven and top with the cracked egg. Be careful not to spill over the side of the cap. Place into the oven for another 10 minutes until the egg is baked through. The egg must reach 140° F.
4. In a bowl, mix the diced tomato, salt and pepper. Set aside.
5. Remove the cooked Portobello from the sheet tray and place onto a serving dish. Spoon tomato mixture over the top. Garnish each with avocado, feta, and parsley.

SCAN TO ORDER
YOUR INGREDIENTS



MUSHROOMS

EVERYDAY SUPERFOODS

MUSHROOM BULGOGI LETTUCE WRAPS

Serves 4



INGREDIENTS

- 1 lb. Oyster Mushrooms
- 3 Tbsp. Low Sodium Soy Sauce
- 3 Tbsp. Light Brown Sugar
- 2 Tbsp. Fresh Garlic, minced
- 2 Tbsp. Fresh Ginger, minced
- 2 tsp. Seasoned Rice Vinegar
- 1 Tbsp. Sesame Oil
- 1 Medium Yellow Onion, julienne sliced
- 1 lb. Crimini Mushrooms
- 1 Tbsp. Canola Oil
- 2 Green Onions, sliced thin
- 8 Boston Bibb Lettuce Leaves
- 2 tsp. Toasted Sesame Seeds
- 1 Cucumber, peeled and julienne sliced

INSTRUCTIONS

1. Cut or pull oyster mushrooms into smaller, bite-sized pieces. In a bowl, whisk together soy sauce, brown sugar, garlic, ginger, rice vinegar, sesame oil and onion. Add oyster and cremini mushrooms to bowl with marinade. Toss to combine. Marinate for 30 minutes.
2. Heat oil in a sauté pan. Add mushrooms (reserve any excess marinade). Sauté until liquid is cooked out of mushrooms and mushrooms have nice color. Add remaining marinade. Cook until reduced and to sauce consistency. Add in green onion.
3. In each lettuce leaf layer the following: bulgogi marinated mushrooms, sesame seeds, and cucumber.

SCAN TO ORDER
YOUR INGREDIENTS



MUSHROOMS

EVERYDAY SUPERFOODS

GRILLED PORTOBELLO MUSHROOM BURGERS WITH ROASTED POTATO WEDGES

Serves 4



INGREDIENTS

Marinade

- 2 Tbsp. Balsamic Vinegar
- 1 Tbsp. Low Sodium Soy Sauce
- 1 Tbsp. Olive Oil
- 1 Tbsp. Dried Rosemary
- 1 tsp. Grilling Seasoning (use your favorite)

Roasted Potato Wedges

- 2 Fresh Russet Potatoes
- 1 tsp. Kosher Salt
- 1/2 tsp. Ground Black Pepper
- 2 Tbsp. Olive Oil

Portobello Burger

- 1/2 tsp. Olive Oil
- 4 Portobello Mushrooms
- 4 Whole Grain Hamburger Buns

INSTRUCTIONS

For the Marinade:

1. Whisk together the vinegar, soy sauce, oil, rosemary, and your favorite seasoning (steak or poultry).
2. Place mushroom caps in the bowl, toss to coat, and let stand at room temp for 20 minutes.

For the Roasted Potato Wedges:

1. While the mushrooms marinate, preheat the oven to 425° F.
2. Wash and dry potatoes, slice in half, then each half into 4 wedges.
3. Toss wedges with a small amount of oil, salt, and pepper.
4. Spread evenly onto parchment lined baking sheet and bake for 30 minutes.

For the Portobello Burger:

1. Preheat grill to medium heat.
2. Brush the grill with oil.
3. Place mushroom caps onto the grate, reserve the marinade for basting.
4. Grill for 5 to 7 minutes on each side, brushing with marinade frequently.
5. When finished, top on a toasted bun with your favorite sauces, condiments, and cheese.

SCAN TO ORDER
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MUSHROOMS

EVERYDAY SUPERFOODS

BLENDED AL PASTOR TACOS WITH PINEAPPLE JALAPEÑO SLAW

Serves 4



INGREDIENTS

The Blend:

- 8 oz. Fresh White Mushrooms
- 1/2 lb. Lean Ground Turkey
- 2 Tbsp. Pineapple Juice
- 1/2 Tbsp. Chili Powder
- 1/2 Tbsp. Ground Cumin
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Ground Paprika
- 1/2 tsp. Sea Salt
- 1/4 tsp. Chipotle Powder
- 1/4 tsp. Dried Oregano
- 1/4 tsp. Ground Black Pepper
- 8 Corn Tortillas, 6"

Slaw:

- 4 cup Cabbage, thinly shredded
- 2 Fresh Scallions, sliced
- 1/2 cup Fresh Pineapple, diced
- 1 Tbsp. Fresh Cilantro, chopped
- 1 Tbsp. Pickled Jalapeños, diced
- 1 Tbsp. Fresh Lime Juice
- 1 Tbsp. Pineapple Juice
- 1/4 tsp. Sea Salt

INSTRUCTIONS

1. Add the mushrooms to a food processor. Pulse in 10 second intervals until the mushrooms are finely chopped into pieces of similar size.
2. Heat a large skillet over medium-high. Add the mushrooms and cook until they just begin to soften, 2 minutes. Add the turkey. Continue to cook for 7 to 10 minutes, until the meat is no longer pink and cooked completely through. Turn off the heat. All liquid should evaporate. If it does not, drain the blend.
3. Stir in the pineapple juice, chili powder, cumin, garlic powder, paprika, salt, chipotle chili powder, oregano, and black pepper. Return the heat to medium and cook for 1 more minute, stirring often.
4. To make the slaw, stir together all ingredients in a large bowl.
5. For each taco, top a warm tortilla with the al pastor mushroom and turkey blend. Top with some slaw before serving.

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MUSHROOMS

EVERYDAY SUPERFOODS