



Enjoy the Mighty Mushroom!



Grown year-round and widely available, mushrooms are the perfect mealtime mate. Their meaty flavor and texture will perk up your family meals - try our **Mushroom Avocado Quesadilla** recipe to find out!



Healthy on the Plate, Gentle on the Planet

Did you know that mushrooms are considered one of the most sustainably produced foods on the planet? Mushrooms provide vital vitamins and minerals, including Vitamin D, B-Vitamins, and antioxidants. Choosing mushrooms to enhance meat and vegetarian dishes is not only good for your health - it's good for the planet because mushrooms require less water, energy, and land to produce than animal-based proteins.



Prep Mushrooms Like a Pro!

Perfect your mushroom dishes by following these tips for selecting, storing, and preparing mushrooms:

- Select mushrooms that are firm with a fresh, smooth appearance.
- Store mushrooms in original packaging or in a porous paper bag for prolonged shelf life.
- Brush off any debris from mushrooms with fingers or a damp paper towel, or rinse briefly under running water and pat dry with a paper towel.
- Bring out mushrooms' meaty flavor by sautéing (like in our Quesadilla recipe), grilling, roasting, or broiling.

Mushroom Avocado Quesadilla

Yield: 6 portions

Serving Size: 1/2 quesadilla

Ingredients:

- 6 oz fresh white button mushrooms, sliced
- Non-stick cooking spray
- 1/2 tsp salt
- 3 whole grain tortillas, 6"
- 9 oz shredded cheese
- 6 oz ripe avocados, peeled, pitted and thinly sliced
- 1/2 cup cilantro, washed and removed from stems

Directions:

Spray oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Add salt, flip mushrooms and cook about 5 minutes more, until other side is same color.

While mushrooms cook, assemble quesadillas; distribute half the cheeses and all avocado slices on left half of three tortillas. When mushrooms are done, distribute mushrooms and cilantro leaves, if desired, among tortillas and top with remaining cheese. Fold tortilla in half and grill or warm in skillet until cheese begins to melt, then flip to cook other side. Transfer to cutting board, cut into wedges and serve with your favorite toppings.

Meal Components for CACFP: 1.5 oz eq meat/meat alternate, 1/4 cup other vegetable, and 1.5 oz eq whole grain rich

Check out this [#RealF2SchoolRecipe](#) from Loudoun County School District, Virginia!

Featuring fresh farm-to-fork mushrooms, this is a great recipe to try at home or daycare!



Visit www.MushroomsInSchools.com for the latest #RealSchoolRecipes from fellow districts across the county.

