



## BENEFITS

### They're in a class of their own!

Neither animal nor plant, the mushroom belongs to the fungi kingdom, which includes yeasts, moulds and lichen. But we eat it like any other vegetable - raw or cooked, in salads, stir fries, purées or soups.

### Did you know...?

The Greeks were the first to cultivate mushrooms, which were previously picked in the wild. It wasn't until the 17th century that the Western world followed suit.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## MUSHROOM APPETIZERS

Portions: 20 appetizers  15 min

### Ingredients

- 1 package of mushrooms, finely chopped (250 ml or 1 cup)
- 2 green onions, finely chopped
- 60 ml (1/4 cup) parsley, finely chopped
- 22.5 ml (1 1/2 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 10 ml (2 tsp) Dijon mustard
- Salt and pepper to taste

### Directions

1. Combine the mushrooms, onions and parsley in a bowl.
2. In a small bowl, mix together the remaining ingredients and add this vinaigrette to the mushroom mixture, tossing to combine.
3. Season to taste.
4. Serve on toasted bread slices or small pitas.

Source: Julie Strecko, RD

### Tip!

Mushrooms should be cleaned just before preparing them to avoid discoloration. Clean them gently with a soft brush or damp cloth or quickly rinse under running water or in vinegar water. But don't let them soak, because they absorb water quickly.



## MUSHROOM AND CHEESE PASTA

Portions: 4  10 min  20 min

### Ingredients

- 45 ml (3 tbsp) butter
- 45 ml (3 tbsp) flour
- 250 ml (1 cup) milk
- 1/2 package button mushrooms (125 g or 1/2 cup), chopped
- 15 ml (1 tbsp) chicken broth concentrate
- 180 ml (3/4 cup) grated mozzarella
- 60 ml (1/4 cup) grated Parmesan
- Pepper to taste

### Directions

1. Melt the butter in a pan and sprinkle the flour on top.
2. Whisk to mix well.
3. Add the milk gradually, whisking constantly.
4. Add the cheeses and mushrooms gradually, continuing to whisk.
5. Season to taste.
6. Serve over pasta.

### Variations

1. Use different mushrooms and cheeses to vary the flavours.
2. Sauté an onion and the chopped mushrooms in a pan, add a drizzle of olive oil and fresh herbs (parsley, chives, etc.). Serve on the pasta of your choice.

Source: Marie-Pierre Drolet, RD

