



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Food as Medicine...

What has been a trendy term is now getting mainstream attention. Doctors are prescribing healthy diets loaded with fruits and veggies instead of medications. Insurance companies are giving vouchers for fresh food purchases. Nutrients in foods are being evaluated to determine which may help to manage health conditions, prevent health problems from developing, and boost immunity. Shifting to a few meals each week that are plant-based, can have a significant benefit on a healthy lifestyle, as long as you're making nutrient-rich choices. Fruits and vegetables as a whole offer a variety of benefits.

Mushrooms offer many vitamins, minerals and micronutrients with very low calories and some protein.



Their umami flavor and variety of nutrients, along with their known benefits are what make choosing mushrooms a win-win.

Sheet Pan Mushroom Fajitas

Ingredients:

- 2 medium onions, sliced into 1/4-inch strips
- 2 large bell peppers, sliced into 1/4-inch strips
- 2 large portabella mushroom caps, sliced into 1/4-inch strips
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup roughly chopped cilantro
- 6 (6-inch) tortillas
- **Optional toppings:** avocado, salsa, hot sauce, chopped tomatoes, shredded lettuce and/or cabbage, shredded cheese



Directions:

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper. Set aside.
2. In a large bowl toss together onions, peppers, and mushrooms with oil and spices. Distribute on the large baking sheet. Roast for 25 minutes, tossing halfway through, until veggies are soft to fork and slightly browned at the edges.
3. Heat tortillas in a hot pan over medium heat, if desired. Divide the portobello mushroom fajita mixture into 6 tortillas. Garnish with cilantro.

Optional: Serve with salsa, avocado, shredded cheese, shredded cabbage, and a squeeze of lime.

Recipe Source: The Mushroom Council