



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

Dietitian's Dish

Blend for Benefits!

Have you joined the ranks of people blending ground meats with finely chopped mushrooms? If not, you're missing out on many benefits from this simple swap!

1. Blending mushrooms with meat lowers calories and fat.
2. Mushrooms add a variety of vitamins and antioxidants, including Vitamin D.
3. Mushrooms' umami flavor profile means less salt is needed.
4. Meat blended with mushrooms is more tender and juicier.
5. Mushroom sustainability is high, using minimal water, electricity, and space to grow.
6. Mushrooms cost less and help to stretch your meat budget further.

Try these ratios:

Burgers/Meatballs/Meatloaf – 25% Mushroom + 75% Meat
 Ground Meat – 50% Mushroom + 50% Meat
 Sauces/Chili – 75% Mushroom + 25% Meat

Blended Meatballs

Ingredients:

- 1/2-pound mushrooms, finely chopped
- 1 small onion, finely diced
- 1 clove minced garlic
- 1 pound ground meat
- 1/2 cup breadcrumbs
- 1 tsp. Italian seasoning
- 1 egg



Recipe courtesy of MushroomCouncil.com.

Directions:

1. Preheat oven to 400°F. Line baking tray with foil and spray with cooking spray.
2. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
3. In a skillet over medium heat cook chopped mushrooms until brown and most moisture has been released, about 3-5 minutes. Set aside to let cool.
4. In a large bowl combine cooled mushrooms, beef, seasoning, onion, garlic, breadcrumbs and egg; mix all ingredients until incorporated. Shape mixture into 1-1/2 inch meatballs. Place 1 inch apart on pan.
5. Bake 20-25 minutes or until meatballs reach 160°F, are cooked through and center is no longer pink.

Meatball Tetrazzini

Ingredients:

- 1 bag (12 oz.) egg noodles
- 2 cans (10.5 oz. each) reduced sodium cream of mushroom condensed soup
- 1 cup unsalted chicken or beef stock
- 2 tsps. dried parsley
- 1 tsp. garlic powder
- 12 blended meatballs
- 1-1/4 cup shredded Italian cheese blend, divided



Directions:

1. Preheat oven to 375°F. Spray 8-1/2 x 11-inch baking pan with cooking spray. In a saucepan, prepare egg noodles as label directs, cooking 2 minutes less than directed. Drain and return to the saucepan.
2. Add soup to a large skillet. Whisk stock and seasonings into the skillet. Heat to a boil of medium-high heat, whisking until combined.
3. Stir meatballs into the skillet; reduce heat to medium and cook for 5 minutes, stirring occasionally. Remove skillet from heat and stir in the egg noodles.
4. Stir 3/4 cup of shredded cheese into the meatballs and noodles in the skillet. Spread noodle mixture into the prepared baking pan. Sprinkle noodle mixture with 1/2 cup of shredded cheese. Bake 18 minutes or until the edges are golden brown and bubbly. Makes about 8 cups.