



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

Dietitian's Dish

Fresh Mushrooms Help Make a Healthy Plate

Mushrooms offer many of the same nutritional benefits as other vegetables, but have additional attributes commonly found in meat and beans.

They are an excellent source of selenium, which plays an important role in supporting a healthy immune system.

These factors make mushrooms a versatile addition to any meal, including swapping them in place of meat.

With their various nutritional benefits, mushrooms fit into a variety of popular diets.

DASH - Mushrooms maintain flavor while reducing calories, fat, and sodium (by 25%).

Keto - One cup of mushrooms has just 2.7g carbohydrates.

Low FODMAP - Oyster & King Trumpet are lower in mannitol (a polyol which needs to be limited).

Mayo Clinic - Portabella mushrooms are a good swap to help reduce red meat.

Paleo - Fresh mushrooms are unprocessed and found in nature.

Whole30 - Mushrooms are an approved food in the first 30 days.

Weight Watchers - Mushrooms are zero points so blending with meat lowers points.

Beef and Broccoli with Mushrooms

Ingredients:

- 10 oz. portabella mushroom caps
- 1/2 lb. skirt steak (or flank steak, cube steak, or thinly sliced beef)
- 2 heads of broccoli, chopped
- 1/2 cup vegetable or beef stock
- 1/4 cup low sodium soy sauce
- 2 Tbsp. cornstarch • 1 Tbsp. minced ginger
- 1 Tbsp. brown sugar • 1 Tbsp. sesame oil
- 1 Tbsp. minced garlic • 1 Tbsp. oyster sauce



Recipe and image courtesy of the Mushroom Council.

Directions:

1. Marinate the beef in a splash of sesame oil and soy sauce while you prep everything else.
2. Mix the cornstarch into the stock until dissolved. Then stir in the soy sauce, brown sugar, garlic, ginger, sesame oil, and oyster sauce. Whisk and set aside.
3. Meanwhile, slice the portabellas into thick strips. They'll cook down quite a bit so be generous!
4. Heat a large skillet or wok over high heat. Add a little bit of cooking oil to your pan and work in batches to avoid overcrowding. First, stir fry the broccoli for 2-3 minutes. Swap it out and stir fry the mushrooms for about 3 minutes. Swap it out and cook the beef for 2-3 minutes, flipping once.
5. Finally, add the sauce to the beef and stir to let it thicken. Then mix the broccoli and mushrooms back in, garnish with sliced green onions and toasted sesame seeds (optional), then serve it over a bowl of rice.

For a meatless option: Double the mushrooms and eliminate the beef.