



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

Dietitian's Dish

Mushrooms Boost Immunity

Nutrition plays an important role in immune system function.

Vitamins B6, C & E, plus zinc, copper and selenium are key players that boost immunity.

Many of these valuable micronutrients are found in mushrooms. Beyond their nutritional value, mushrooms provide rich flavor (umami) and meatless versatility in recipes. They're naturally gluten-free and low-calorie, fitting many dietary needs.

With all these benefits, make room for mushrooms in your next meal!

Heart Healthy Mini Quiches

Ingredients:

- 1 large portobello mushroom, chopped
- 1 cup spinach
- 1 Tbsp. olive oil
- 1/4 cup sun-dried tomatoes
- 1/4 cup skim milk
- 12 egg whites
- 1/2 cup shredded reduced fat Swiss cheese
- 1 tsp. hot sauce (optional)
- 1 pkg. refrigerated pie crusts

Directions:

1. Preheat oven to 375° F.
2. In a skillet, sauté mushrooms and spinach with olive oil over moderate heat until mushrooms are softened. Transfer mixture to a large bowl and add sun dried tomatoes, milk, egg whites, cheese and tabasco.
3. On a floured surface, roll pie crust thin. With a round cookie cutter, cut out 24 circles. Coat a muffin pan with nonstick cooking spray. Press individual circles into muffin cups. Fill muffin cups with quiche mixture.
4. Bake for 18 to 20 minutes or until the centers of quiches are set. Cool for 5 minutes before removing from pan.



Recipe and image courtesy of Healthcooks.com.

Middle Eastern Mushroom Burgers

Ingredients:

- 1 cup bulgur
- 4 medium portobello mushrooms, stems removed and chopped
- 1/2 cup walnut pieces
- 3 Tbsps. crumbled feta cheese
- 3 Tbsps. Tahini
- 1/2 tsp. ground black pepper
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cumin
- 1/2 tsp. kosher salt
- 1/4 cup plain nonfat Greek yogurt
- 3 Tbsps. finely chopped fresh parsley
- 3 (6-1/2-inch) whole wheat pita bread rounds, each cut into 3 wedges (1 wedge reserved for another use)
- 4 slices beefsteak tomato

Directions:

1. In medium bowl, add bulgur and 1/2 cup boiling water; let stand for 1 hour.
2. Spray large skillet with cooking spray; heat 1 minute over medium-high heat. Add mushrooms; cook 10 minutes or until very tender, golden brown and all liquid has evaporated, stirring occasionally. Cool slightly.
3. In food processor, pulse mushrooms, walnuts, cheese, tahini, pepper, coriander, cumin, salt and bulgur until some small pieces remain, scraping down bowl occasionally; form into 4 (3/4-inch-thick) patties.
4. In a small bowl, whisk yogurt and parsley. Makes about 1/4 cup.
5. Spray both sides of patties with cooking spray; place on a pre-heated skillet over medium-high heat, cover and cook 10 minutes or until lightly browned, turning once. Serve burgers on pita wedges topped with tomato and yogurt mixture.



Recipe and image courtesy of InSeasonzine.com.

