



# MAKE TIME FOR MUSHROOMS!



## MIXED MUSHROOM GRILLED CHEESE SANDWICH

### INGREDIENTS:

- 4 oz roasted mushrooms
- 1/4 cup fresh spinach - cut and trimmed
- 2 oz provolone cheese
- 2 slices of bread

### LEVEL UP OPTIONS:

- Use different styles of cheese such as Feta, Goat, American, Cheddar
- Use different types of bread: wraps, tortillas, pita bread, flatbreads
- Add ham, turkey, or bacon for more robust flavor
- Add additional veggies: onions, tomatoes, black olives, peppers
- Add pesto, garlic basil mayo, aiolis, ranch, or dill sauce to diversify menu offerings

Source: mushroomcouncil.org

### ASSEMBLE SANDWICH:

1. Place 1 oz of provolone cheese on each slice of bread.
2. Distribute mushrooms & spinach leaves between each slice.
3. Assemble into the sandwich.
4. Grill or warm in tilt skillet until cheese begins to melt, flipping until cooked and lightly browned on both sides.

### FACTS ABOUT FUNGI!

- Mushrooms are a sustainable food!
- Producing 1 pound of mushrooms only require 1.8 gallons of water and 1 KWH of energy.
- 1 acre of land can grow 1 million pounds of mushrooms.
- Mushrooms grow in beds of composted agricultural materials and are recycled into potting soil after harvest.



### MUSHROOMS ARE NUTRIENT DENSE!

- Mushrooms are a good source of Vitamin D, Selenium, Potassium, & B Vitamins.
- Thanks to their meaty texture and flavor, combining mushrooms with meat can reduce the sodium of the meal by 25% while still maintaining the flavor.

### THE TREND IS TO BLEND

Combining meat with mushrooms, makes iconic recipes (burgers, meatloaf, tacos, meatballs) healthier without sacrificing taste or texture. The Blend is easy to make in just three simple steps:

1. CHOP up your favorite mushroom variety to match the consistency of the ground meat in the recipe.
2. COOK and season mushrooms the same way you would meat.
3. COMBINE the cooked meat and mushrooms and use the mix to complete your recipe.



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