

Harvest of the Month

Mushroom



FUN FACTS:

Mushrooms are a fungus, not a plant.

Unlike plants, mushrooms do not require sunlight. They draw their energy from living or dead organic matter.

They have lots of flavor for just a few calories, and consist of around 90% water.

The mushroom is known as the "meat" of the vegetable world.

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Small Changes Matter

When it comes to being physically active and eating right, small changes matter. Don't feel like you need to go all out to see results; taking positive gradual steps goes a long way in becoming healthy.

Keep it simple. Eating right doesn't have to be complicated:

- Eat, don't drink your calories
- Make the first meal of your day the biggest
- Choose whole foods rather than processed
- Don't bother with the "diet" or "low fat" version of the foods you love
- Eat in moderation

Find activities that you enjoy and be physically active most days of the week. Any activity is better than none; daily activities count such as shoveling snow, gardening, and climbing stairs.

Benefits of being physically active include:

- Feeling more energized
- Better sleep
- Increases concentration and focus
- Mood booster
- Decreases blood pressure and improves blood sugar

**Go ahead and leap toward health...
one small step at a time.**

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—MAY

~ featuring mushrooms ~

One Pot Mushroom Orzo

Yield: 6 servings



- 2 c water
- 16 cremini mushrooms, sliced
- 2 1/2 cups orzo, dry
- 2 cups rice milk
- 2 oz chicken breast, cubed
- 2 cups peas (fresh or frozen)
- 1 cup basil leaves, roughly chopped
- 1/4 cup parmigiana Reggiano, grated
- 1/2 lemon, juiced

1. Prep your ingredients by slicing the mushrooms, chopping the basil, and cutting the chicken into cubes.
2. In a large pot or Dutch oven, heat a splash of the water over medium high heat. Cook the mushrooms until soft, about 5-8 minutes, adding more water as needed.
3. Add the orzo, rice milk, chicken, peas, and the remaining water and salt. Bring to a simmer and cook uncovered, stirring occasionally for about 10 minutes or until the orzo is al dente. Add a splash of rice milk if more liquid is needed.
4. Sir in the basil and parmigiano Reggiano. Divide into bowls and squeeze lemon juice over top to taste.

NUTRITION SNAPSHOT ~ 1 serving
490 calories, 3g total fat, 1.5g saturated fat, 217mg sodium, 81g carbohydrate, 6g fiber 9mg cholesterol, 20g protein, 4g sugar

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