



Mushrooms

HEALTH BENEFITS:

Discover the powerful health benefits of mushrooms! These humble fungi are not only delicious but also offer a plethora of nutrients that can enhance your well-being. Rich in antioxidants, mushrooms fortify your immune system bolstering its natural defenses against illness and infection. Their high fiber content supports digestive health by promoting gut microbiota balance and regularity. Rich in essential vitamins and minerals such as vitamin D, potassium, and selenium, mushrooms contribute to optimal bone health, nerve function, and thyroid regulation. What's more, their low calorie and fat content make them an ideal choice for weight management and heart health. Embrace the diverse flavors and textures of mushrooms to cultivate a healthier, happier you!

SELECTION & STORAGE:

When choosing mushrooms, opt for firm, evenly colored ones without any bruises or strong odors. Organic options are best to minimize exposure to chemicals. Store them in a paper bag or breathable container in the refrigerator's vegetable crisper drawer for up to a week. Avoid plastic bags, as they can make mushrooms slimy. Remember not to wash mushrooms until you're ready to use them, as excess moisture can lead to spoilage.



RECIPE OF THE MONTH: ONE-POT CHICKEN AND MUSHROOM PASTA

INGREDIENTS (4 servings):

- 1 ½ lb. chicken breast, diced
- 3 tbs. olive oil
- ½ yellow onion, diced
- 1 tsp. dried thyme
- 2 tsp. paprika
- 4 c. chicken broth
- 1 c. heavy cream
- 1 lb. farfalle pasta
- 5 oz. spinach
- 1 c. parmesan cheese
- 2 c. cremini mushroom
- 3 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS:

1. Heat 2 tablespoons olive oil in a large pot on medium heat. Add chicken, salt and pepper, and brown - make sure to cook through. Set chicken aside.
2. Add 1 tablespoon olive oil and the onion into the pot and stir. Cook down for 1-2 minutes.
3. Add mushrooms and garlic and stir to incorporate with the onion. Season with salt and pepper to taste as well as thyme and paprika. Stir to evenly season.
4. Add chicken broth and heavy cream to the pot and stir. Bring to a boil, then add the uncooked farfalle pasta.
5. Cook pasta in mixture according to package instructions, being sure to stir every 1-2 minutes to keep the pasta from clumping together. (Cook time may be a little longer in this recipe than when the pasta is boiled in water.)
6. When the farfalle pasta is al dente, add the spinach and chicken and stir until the spinach cooks down and incorporates.
7. Add parmesan and stir until it's well-incorporated and you're left with a smooth sauce.
8. Top off with extra parmesan and serve.
9. Enjoy!

