

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEBRUARY IS ALL ABOUT WARMING UP WITH PASTA! TRY THESE RECIPES AND INCOPORTATE OUR FEATURED VEGETABLE: MUSHROOMS.

Pizza Pasta

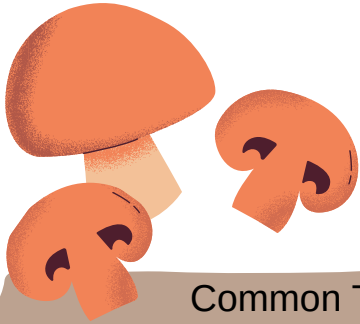
Ingredients:

2 cups dry noodles
1 lb. hamburger or 1 lb. ground sausage
1 (3.5 oz.) pkg. sliced pepperoni, whole or cut into fourths
1 can mushroom pieces, drained
1 can diced tomatoes, drained
1 (4 oz.) can spicy peppers and/or black olives
2 (15 oz.) cans tomato sauce
1 cup shredded cheese

Directions:

1. Preheat oven to 350°F. Grease 3-qt. baking dish.
2. Cook pasta according to box directions, drain, return to pan.
3. Cook hamburger until no pink remains or when meat reaches 160°F. Drain grease.
4. Add meat, pepperoni, mushrooms, tomatoes, spicy peppers and/or black olives and tomato sauce to noodles. Stir to combine.
5. Pour mixture into 3-qt baking dish. Cover with aluminum foil and bake for 30 minutes. Remove from oven. Sprinkle with cheese and bake uncovered for additional 10 minutes or until cheese is melted.

Eat what's in season...



Mushrooms

Common Types -

Portabello, Crimini, Maitake, Button, Morel, Shiitake, Porcini, Clamshell

Did you know...

Mushrooms are considered fungi, not plants. They have their own kingdom separate from plants and animals! They are categorized with vegetables in grocery stores and on menus, but definitely not cellular make-up. Mushrooms are high in B vitamins, fat-free, low calorie, nutrient dense, and contain antioxidants. That makes them a smart addition to any meal.

Growing and Harvesting Mushrooms:

Mushrooms are able to be grown and harvested all year long because of their low-maintenance growth cycle and easily replicated climate/environment requirements. Most mushrooms we eat are grown indoors and don't even need light. Some varieties of mushrooms can double in size every day and are mass produced. An acre used for production can grow 1 millions mushrooms annually.

Mushroom growing kits can be purchased for home growing and harvesting throughout the year. Although this is a relatively easy project, follow all directions for set-up, watering, maintenance, and harvest.

Breakfast Pasta

Ingredients:

- 1 ½ cups dry noodles**
- 1 lb. ground sausage**
- 1 can diced tomatoes, drained**
- 1 can mushroom pieces, drained**
- 1 tsp. parsley**
- ½ tsp. black pepper**
- 1 cup shredded cheese**
- 6 eggs**
- ½ cup milk**



Directions:

1. Preheat oven to 375°F. Grease 9x13 baking dish (you can also use a 12" cast iron skillet as a baking vessel).
2. Cook noodles according to package directions. Drain noodles.
3. Cook ground sausage until no pink remains or when meat reaches 160°F. Drain grease.
4. Add tomatoes, mushrooms, black pepper, and parsley to sausage. Stir to combine. Add noodles and cheese, stir to combine. Spoon mixture into greased 9x13 baking dish or cast iron skillet.
5. Break eggs into bowl. Add milk and whisk together. Note: you can use a fork to whisk milk and eggs together.
6. Pour egg mixture evenly over pasta in baking dish or skillet. Bake uncovered for 25 minutes.

Side Dish Spotlight

Mushrooms are a one of a kind marvel that offers an earthy, savory element to main entrees and side dishes. Mushroom varieties can be prepared many ways and adapt well to many flavors and seasonings. This fungi is also used by some as a meat alternative in recipes.

Sautéed Mushrooms with Garlic

- 1 lb. crimini or portabello mushrooms
- 1 Tbsp. soy sauce
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- ¼ cup white wine (optional)
- 1 sprig of fresh thyme or pinch of dried thyme
- 2 cloves of garlic, minced
- Chives for garnish (optional)

Clean mushrooms by gently wiping with a paper towel or using a mushroom brush. Slice into thick slices (about ¼").

Add butter and olive oil to a pan and heat over medium high heat.

Quickly toss the mushrooms & soy sauce in a plastic bag or bowl (do not do this ahead of time, this will remove too much moisture from the mushrooms)

Add the mushrooms to the pan and toss with olive oil mixture. Do not stir. Allow to cook about 4-5 minutes without disturbing to brown on one side.

Add white wine if using and allow to evaporate. Add garlic and thyme (if using). Continue cooking an additional 3-4 minutes stirring occasionally until cooked.

Season with salt & pepper to taste.

Air Fryer Breaded Mushrooms

- 10 oz. white button mushrooms
- 2 cups corn flakes, crushed
- 1 cup flour
- cayenne, garlic powder, salt, and pepper (to taste)
- 2 eggs, beaten
- 2 tsp. milk

Place eggs and milk together in bowl and mix.

Place flour and seasonings in a bowl and mix.

Place crushed cornflakes in a bowl.

Dredge mushrooms in flour, egg, and cornflake mixture. Preheat air fryer to 375°F and cook for 5½ - 6 mins.

For a low carb option, lightly oil and season instead.

Rich additions...

Mushrooms can be added to several dishes for flavor, texture and richness. The possibilities are endless. Mushrooms can be enjoyed fresh or cooked. Try different varieties in these dishes:

Spaghetti & Other

Pastas

Stir-Fry

Salads

Pizza

Omeletes

Soups

Rice Pilaf

Savory Casseroles

Burgers

**Selection, Handling,
& Storage**

When shopping for **ground sausage or beef**, choose a package that feels cold and is not torn. Avoid selecting meats that have taken on a grey color, appear slimy, or have a tangy or putrid odor. Carefully read product labels and check for "best before" dates. Make raw meats one of the last items in the cart to ensure that you keep the product out of the temperature danger zone (40° - 140°F), avoiding the potential for harmful bacteria growth. Always store cooked and raw meats separate. Cook or freeze raw ground meats within 2 days of purchasing. To destroy harmful bacteria, cook ground sausage or beef to a minimum internal temperature of 160°F.

Purchase **mushrooms** that are firm with a fresh, smooth appearance. The surface of the mushroom should be dry, but not dried out or cracked, and appear plump. A veil can be revealed on the underside of the mushroom cap--a closed veil indicates a delicate, light flavor while an exposed or broken veil will yield a rich, meatier flavor. Brush off any debris or dirt from mushrooms with fingers, mushroom brush, or damp paper towel. Rinse briefly under cool running water and pat dry with a paper towel. If stems are tough, trim before using. Shiitake stems should be removed before use and "gills" found under the veil of portabellas can stay or be removed based on personal preference. Mushrooms may be kept for up to one week in the refrigerator in their original packaging or in a porous paper bag for prolonged shelf-life. Fresh mushrooms should never be frozen, but frozen sautéed mushrooms will keep for up to one month in an air tight container.

Nutrient Profile: Niacin (B3)

Niacin is water soluble and found naturally in some foods while fortified in others. Our bodies are also capable of creating niacin from an amino acid called tryptophan. Niacin helps complete over 400 reactions in our bodies. It helps convert nutrients into energy, create and repair DNA, aid in antioxidant effects, and make cholesterol and fat. Cholesterol and fat are important for supporting normal hormone activity.



Food Sources: mushrooms, beef, pork, poultry, fish, brown rice, nuts, seeds, legumes, bananas, fortified cereals and breads

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