



MUSHROOM RECIPES

A Mushroom Cookbook with Amazing
Mushroom Recipes

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A MUSHROOM COOKBOOK WITH AMAZING MUSHROOM RECIPES

By

BookSumo Press

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ABOUT THE AUTHOR.

BookSumo Press is a publisher of unique, easy, and healthy cookbooks.

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen chefing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Mushrooms. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

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TABLE OF CONTENTS

[About the Author.](#)

[Introduction](#)

[Table of Contents](#)

[Any Issues? Contact Us](#)

[Legal Notes](#)

[Common Abbreviations](#)

[Chapter 1: Easy Mushroom Recipes](#)

[California Pizza Pan](#)

[Grated Spud and Mushroom Frittata](#)

[Thursday Morning Omelet](#)

[Tortellini Soup Toscano](#)

[Herbed Mushroom Cakes](#)

[Steak and Potato Dump Dinner with Gravy](#)

[Baja Mushroom Quesadillas](#)

[Creamy Weekend Fettuccine](#)

[Baked Rice](#)

[Pennsylvania Inspired Cabbage Skillet](#)

[Brooke's Burgers](#)

[Mushroom Loaves](#)

[Maylene's Stuffed Mushrooms](#)

[Potato Pierogis with Saucy Mushrooms](#)

[Heirloom Crepes](#)

[Handmade Cheese Raviolis](#)

[Mushroom Stir Fry 101](#)

[Garlicky Mushroom Skillet with Peas](#)

[How to Make Orzo](#)

[Friday Night Linguine](#)
[Broiled Halibut with Mushroom Salsa](#)
[Ontario Casserole](#)
[Extra Cheesy Mushroom Pizza](#)
[Simple Miso Soup](#)
[Maria's Quesadilla](#)
[Veal Cuts with Mushroom Sauce](#)
[Mushroom Pesto Spaghetti](#)
[Classic Turkey and Parsley Sauce](#)
[Balsamic Mushroom Buttons](#)
[True Country Pilaf](#)
[Mushroom Wellington](#)
[Pan Fried Tofu with Mushroom Gravy](#)
[How to Make Mushroom Pâté](#)
[Sesame Mushroom Stir Fry](#)
[Classic Piccata Chicken with Linguine](#)
[Creamy Mushroom Boursin](#)
[Seattle Toast](#)
[\(Buttered Bread with Mushrooms\)](#)
[Twin Cities Style Pizzas](#)
[Country White Rice](#)
[Beef Stroganoff](#)
[Garden Portabella Turkey Burgers](#)
[Bangkok Chicken Pan](#)
[Roasted Honey Mushroom Chicken](#)
[Meesh's Saucy Mushroom Skillet](#)

ANY ISSUES? CONTACT US

If you find that something important to you is missing from this book please contact us at info@booksumo.com.

We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

***All units used are standard American measurements**



CHAPTER 1: EASY MUSHROOM RECIPES

CALIFORNIA PIZZA PAN

Ingredients

- 1 1/2 tbsp olive **oil**
- 2 large **onions**, sliced
- 2 tsp **honey**
- 2 tsp balsamic **vinegar**
- 8 oz. fresh **mushrooms**, sliced
- 12 inches **pizza crusts**
- 8 oz. crumbled feta **cheese**
- 1 tsp dried **thyme**

Directions

- Before you do anything, preheat the oven to 450 F.
- Place a pan over medium heat. Heat in it the oil. Cook in it the onion for 11 min.
- Stir in the vinegar with honey. Cook them for 9 min. Stir in a pinch of salt and pepper to make the sauce.
- Lay the pizza crust on a baking sheet. Top it with mushroom, cheese, thyme, a pinch of salt and pepper.
- Place the pizza in the oven and let it cook for 16 min. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	45 mins

Nutritional Information:

Calories	260.7
Fat	18.1g
Cholesterol	53.5mg
Sodium	678.9mg
Carbohydrates	14.9g
Protein	11.3g

* Percent Daily Values are based on a 2,000 calorie diet.



GRATED SPUD AND MUSHROOM FRITTATA

Ingredients

- 2 large **eggs**
- 1 small **potato**, grated
- 1/4 C. cheddar **cheese**, grated
- 1 tsp dried **chives**
- 1 small **tomatoes**, diced
- 1 large **mushroom**, diced
- ground black **pepper**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a mixing bowl: Mix in it the eggs. Add the cheese with chives and potato. Combine them well.
- Place a pan over low medium heat. Coat it with oil and heat. Pour in it the eggs mixture.
- Lay over it the mushroom and tomato slices. Sprinkle over them some salt and pepper.
- Let it cook for 12 to 16 min. Serve it warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	409.3
Fat	19.2g
Cholesterol	401.6mg
Sodium	333.3mg
Carbohydrates	35.1g
Protein	24.5g

* Percent Daily Values are based on a 2,000 calorie diet.

THURSDAY MORNING OMELET

Ingredients

- 4 large **eggs**, beaten
- 1/4 C. **cream**
- 2 tbsp **butter**
- 1/4 lb. **mushroom**, sliced
- 1/2 **garlic** clove, crushed
- 1 pinch red **pepper** flakes
- 1/4 tsp **thyme** leave
- 1 tbsp sliced **chives**
- 1/3 C. Swiss **cheese**, shredded

Directions

- Get a mixing bowl: Whisk in it the eggs with cream.
- Place a pan over medium heat. Heat in it 1 tbsp of butter. Cook in it the mushroom with butter for 6 min.
- Stir in the thyme with pepper flakes and chives. Cook them for 30 sec. Pour in the egg mix.
- Stir them while cooking until they start to sit. Add the cheese and sit them until they are done.
- Serve your mushroom omelet warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	415.2
Fat	35.5g
Cholesterol	452.2mg
Sodium	291.1mg
Carbohydrates	4.9g
Protein	20.0g

* Percent Daily Values are based on a 2,000 calorie diet.

TORTELLINI SOUP TOSCANO

Ingredients

- 2 tbsp **butter**
- 1/4 C. **carrot**, chopped
- 1 stalk **celery**, chopped
- 1 medium **onion**, chopped
- 1 tbsp **garlic**, minced
- 1/2 tsp **thyme**, minced
- 1 tsp Mrs. Dash **seasoning** mix
- 8 oz. sliced **mushrooms**
- 6 C. low sodium chicken **broth**
- 9 oz. 3 cheese **tortellini**
- 2 C. cooked **chicken**, chopped
- 2 C. baby **spinach** leaves, loosely packed
- parmesan **cheese**, grated

Directions

- Place a large pot over medium heat. Melt in it the butter.
- Cook in it the carrots, celery, onions, and garlic for 9 min.
- Stir in the mushrooms, fresh thyme, and Mrs. Dash. Cook them for 7 min.
- Stir in the broth and bring them to a boil. Stir in the tortellini with chicken.
- Let them cook for 8 to 10 min. Stir in the spinach and let them cook for an extra 6 min.
- Adjust the seasoning of your soup then serve it hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	45 mins

Nutritional Information:

Calories	456.2
Fat	17.5g
Cholesterol	94.5mg
Sodium	633.8mg
Carbohydrates	41.0g
Protein	36.1g

* Percent Daily Values are based on a 2,000 calorie diet.

HERBED MUSHROOM CAKES

Ingredients

- 3 slightly beaten **eggs**
- 3 C. **mushrooms**, chopped
- 1/2 C. all-purpose **flour**
- 1/2 C. seasoned dry **breadcrumbs**
- 1/3 C. **onion**, chopped
- 1 medium jalapeno **pepper**, chopped
- 1/4 C. **parsley**, chopped
- 1/4 tsp **pepper**
- 3 tbsp vegetable **oil**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a mixing bowl: Mix in the eggs, mushrooms, flour, bread crumbs, onion, jalapeño, parsley and pepper.
- Place a pan over medium heat. Heat in it the oil.
- Form 1/4 C. of the mushroom mixture into a cake and place it in the hot pan.
- Repeat the process with the remaining mixture. Cook them for 3 to 5 min on each side.
- Drain the mushroom cakes and repeat the process with the remaining mixture.
- Serve your mushroom cakes with your favorite toppings.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 mins
Total Time	31 mins

Nutritional Information:

Calories	138.3
Fat	7.4g
Cholesterol	69.8mg
Sodium	161.3mg
Carbohydrates	12.8g
Protein	5.1g

* Percent Daily Values are based on a 2,000 calorie diet.

STEAK AND POTATO DUMP DINNER WITH GRAVY

Ingredients

- 2 -2 1/2 lbs. boneless round **steak**, cut into 6 pieces
- 1 1/4 oz. dry **onion** soup mix
- 10 3/4 oz. condensed cream of **mushroom** soup, undiluted
- 1/2 C. beef **broth**
- 1 C. **mushroom**, sliced
- 1/2 C. **onion**, chopped
- mashed **potatoes**

Directions

- Stir all the ingredients in a slow cooker.
- Put on the lid and let them cook for 8 h on low.
- Once the time is up, serve your steak and mushroom gravy warm with some rice or noodles.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	7 hrs. 10 mins

Nutritional Information:

Calories	69.7
Fat	3.1g
Cholesterol	0.0mg
Sodium	906.0mg
Carbohydrates	8.8g
Protein	1.9g

* Percent Daily Values are based on a 2,000 calorie diet.



BAJA MUSHROOM QUESADILLAS

Ingredients

- 1/4-1/3 C. **butter**
- 2 -3 tsp **chili** powder
- 1 tbsp minced **garlic**
- 1 tsp dried **oregano**
- 10 oz. white button **mushrooms**, sliced
- 2 C. cooked **chicken**, chopped
- 1/2 C. **onion**, chopped
- 1/4 C. **cilantro**
- 3 C. cheddar **cheese**
- 16 corn **tortillas**
- olive **oil**
- **salt** and black **pepper**
- **salsa**

Directions

- Place a pan over medium heat. Heat in it the butter. Cook in it the chili powder, garlic and oregano for 40 sec.
- Stir in the mushroom. Cook them for 11 min. Stir in the chicken, onion and cilantro.
- Sprinkle over them some salt and pepper. Turn off the heat and let them sit for 22 min.
- Before you do anything, preheat the grill and grease it.
- Coat one side of 8 tortillas with oil. Lay them on a baking pan with the greased side facing down.
- Spoon into the mushroom and chicken mix. Cover them with the remaining 8 tortillas.
- Grease their top with oil and place them on the grill. Let them cook for 3 to 4 min on each side.
- Slice the tortillas into wedges then serve them hot with some sour cream.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	25 mins
Total Time	31 mins

Nutritional Information:

Calories	378.6
Fat	23.4g
Cholesterol	86.0mg
Sodium	370.8mg
Carbohydrates	20.3g
Protein	22.9g

* Percent Daily Values are based on a 2,000 calorie diet.

CREAMY WEEKEND FETTUCCINE

Ingredients

- 6 tbsp **butter**
- 1 small **onion**, chopped
- 4 **garlic** cloves, minced
- 12 oz. **mushrooms**, chopped
- **salt** and **pepper**
- 1 C. heavy **cream**
- 2 tbsp chopped **thyme**
- 2 tbsp **lemon** juice
- 2 tsp **soy sauce**
- 1 lb. cooked fettuccine **pasta**
- parmesan **cheese**

Directions

- Prepare the pasta by following the instructions on the package.
- Place a pan over medium heat. Heat in it the butter.
- Sauté in it the garlic with onion, a pinch of salt and pepper for 4 min.
- Stir in the mushroom and let them cook for 4 min.
- Stir in the thyme with cream. Bring them to a rolling boil for 4 to 5 min.
- Add the lemon juice with soy sauce. Turn off the heat.
- Add the mushroom sauce to the noodles and toss it to coat. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	720.0
Fat	42.2g
Cholesterol	210.2mg
Sodium	377.4mg
Carbohydrates	70.2g
Protein	17.6g

* Percent Daily Values are based on a 2,000 calorie diet.

BAKED RICE

Ingredients

- 1 C. uncooked long grain **rice**
- 1/4 C. **butter**
- 1/2 C. chopped **celery**
- 1/2 C. chopped **onion**
- 1 C. sliced fresh **mushrooms**
- 1 (14 1/2 oz.) cans chicken **broth**
- 1/3 C. **water**
- 2 tbsp **soy sauce**
- 1 tbsp **parsley** flakes

Directions

- Before you do anything, preheat the oven to 350 F.
- Place a pan over medium heat. Stir in it the butter with rice. Cook them for 3 min.
- Stir in the onion with celery. Let them cook for 3 min.
- Stir in the mushroom and cook them for 5 min. Spoon the mixture into a greased casserole dish.
- Add to it the broth with parsley, soy sauce, water, a pinch of salt and pepper. Stir them well.
- Place the pan in the oven and let it cook for 46 to 52 min. Serve it hot.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	205.7
Fat	8.3g
Cholesterol	20.3mg
Sodium	639.2mg
Carbohydrates	27.2g
Protein	5.0g

* Percent Daily Values are based on a 2,000 calorie diet.

PENNSYLVANIA INSPIRED CABBAGE SKILLET

Ingredients

- 2 oz. **butter**
- 4 slices turkey **bacon**, chopped
- 8 **mushrooms**, sliced
- 22 oz. **cabbage**, shredded
- 1 spring **onion**
- black **pepper**

Directions

- Place a skillet over medium heat. Heat in it the butter.
- Cook in it the bacon with mushroom for 2 min. Stir in the cabbage and let them cook for 6 min.
- Add the spring onion with a pinch of salt and pepper. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	18 mins

Nutritional Information:

Calories	152.3
Fat	12.3g
Cholesterol	32.0mg
Sodium	135.2mg
Carbohydrates	9.8g
Protein	3.1g

* Percent Daily Values are based on a 2,000 calorie diet.

BROOKE'S BURGERS

Ingredients

- 1 tsp extra virgin olive **oil**
- 2 oz. **mushrooms**, chopped
- 1 small **garlic** clove, sliced
- 1/8 tsp kosher **salt**
- 4 oz. lean ground **sirloin**
- 1 **scallion**, chopped
- 1 tbsp **soy sauce**
- 1/4 tsp ground black **pepper**
- 1 slice Swiss **cheese**
- 1 seeded hamburger **bun**, toasted
- 1 tbsp Dijon **mustard**
- 2 small romaine **lettuce** leaves
- 2 slices **tomatoes**

Directions

- Before you do anything, preheat the oven broiler. Place the rack 6 inches away from the heat.
- Place a pan over medium heat. Heat in it the oil. Cook in it the mushrooms, garlic and salt for 6 min.
- Turn off the heat and let them cool down for a while.
- Get a mixing bowl: Toss in it the sirloin, scallion, soy sauce, pepper and cooled mushrooms and mix.
- Shape the mixture into burger. Place it on a baking sheet and cook it in the oven for 4 min on each side.
- Serve your burgers with your favorite toppings.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	17 mins

Nutritional Information:

Calories	547.7
Fat	29.5g
Cholesterol	110.9mg
Sodium	1794.1mg
Carbohydrates	30.8g
Protein	40.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MUSHROOM LOAVES

Ingredients

- 1 loaf round unsliced **bread**
- 8 oz. Swiss **cheese**
- 1 C. **mushrooms**, sliced
- 1/4 C. **butter**
- 1 1/2 tsp **poppy seeds**
- 2 **garlic** cloves
- 1/2 tsp seasoning **salt**
- 1/2 tsp ground **mustard**
- 1/2 tsp **lemon** juice

Directions

- Before you do anything, preheat the oven to 350 F.
- Use a sharp knife to cut the bread into 1/4 inch thick slits leaving about 1 inch of the base intact.
- Slice the Swiss cheese into 1/2 inch dices. Place the cheese and mushroom slices into the bread pockets.
- Place the stuffed bread on a baking sheet and place it aside.
- Get a microwave safe bowl: Mix in it the butter, poppy seeds, minced garlic, seasoned salt, ground mustard, and lemon juice.
- Place it in the microwave and cover it. Cook it for 2 min.
- Drizzle the mixture over the stuffed bread. Place it in the oven and cover it with a piece of foil.
- Let it cook for 42 min then serve it warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 mins
Total Time	55 mins

Nutritional Information:

Calories	298.2
Fat	15.5g
Cholesterol	41.3mg
Sodium	361.4mg
Carbohydrates	27.5g
Protein	11.9g

* Percent Daily Values are based on a 2,000 calorie diet.

MAYLENE'S STUFFED MUSHROOMS

Ingredients

- 1 lb. **mushrooms**, cleaned
- 1/4 C. **celery**, chopped
- 2 tbsp **onions**, chopped
- 2 tbsp red bell **peppers**, chopped
- 1/2 lb. **crabmeat**
- 2 C. oyster **crackers**, crushed
- 1/2 C. cheddar **cheese**, shredded
- 1/4 tsp **garlic** powder
- 1/2 tsp Old Bay **Seasoning**
- 1/4 tsp black **pepper**, ground
- 1/4 tsp **salt**
- 1 **egg**
- 1/2 C. **water**
- 6 slices white cheddar **cheese**

Directions

- Before you do anything, preheat the oven to 400 F.
- Slice off the stems of the mushrooms. Chop half of the mushroom stems.
- Place a pan over medium heat. Heat in it the butter.
- Cook in it the chopped stems with, celery, onion and pepper for 3 min.
- Turn off the heat and let the mixture cool down completely.
- Get a mixing bowl: Combine in it the mushroom mixture with bell peppers, crabmeat, garlic powder, old bay seasoning, water, egg, cheddar cheese and a pinch of salt.
- Place the mushroom caps in a greased casserole dish. Spoon into it the filling.
- Top them with the white cheddar slices. Place the casserole in the oven and let them cook for 14 to 16 min.
- Serve your stuffed mushroom casserole warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	277.9
Fat	15.0g
Cholesterol	86.1mg
Sodium	832.4mg
Carbohydrates	14.9g
Protein	21.1g

* Percent Daily Values are based on a 2,000 calorie diet.



POTATO PIEROGIS WITH SAUCY MUSHROOMS

Ingredients

- 1 tsp olive **oil**
- 2 C. sliced **mushrooms**
- 1 **onion**, sliced
- **salt** and **pepper**
- 2 tbsp dry **sherry**
- 1 tbsp **flour**
- 2/3 C. low-fat **milk**
- 1/4 C. chicken **broth**
- 1 (1 lb.) package frozen low-fat potato **pierogis**, thawed
- 2 tbsp light sour **cream**

Directions

- Place a pan over medium heat. Heat in it the oil. Cook in it the mushroom with onion, a pinch of salt and pepper for 5 min.
- Add the sherry and cook them for 2 min. Add the flour and mix them well.
- Add the milk with broth, and pierogis. Let them cook until they start boiling.
- Turn off the heat and add the sour cream. Adjust the seasoning of your soup then serve it hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	71.3
Fat	2.5g
Cholesterol	4.5mg
Sodium	72.9mg
Carbohydrates	8.0g
Protein	3.5g

* Percent Daily Values are based on a 2,000 calorie diet.

HEIRLOOM CREPES

Ingredients

- 12 (6 inch) **crepes**
- 3 tbsp extra virgin olive **oil**
- 1 1/4 lbs. **mushrooms**, rinsed, trimmed and sliced
- 1/4 C. flat-leaf **parsley**, chopped
- 1 tbsp **thyme** leave
- 1 **garlic** clove, chopped
- **salt & pepper**
- 1 (10 oz.) packages **spinach**, washed, stemmed & chopped
- 5 oz. goat **cheese**, crumbled
- 2 C. mozzarella **cheese**, shredded

Directions

- Before you do anything, preheat the oven to 350 F.
- Place a pan over medium heat. Heat in it the oil. Cook in it the mushroom with a pinch of salt for 11 min.
- Add the parsley, thyme, garlic, salt and pepper. Let them cook for 2 min.
- Lower the heat and add the spinach. Put on the lid and let them cook for 3 min.
- Stir in the goat cheese until it melts to make the filling.
- Lay a crepe on a chopping board. Place in it some of the filling then roll it.
- Repeat the process with the remaining filling and crepes. Place them in a greased casserole dish.
- Lay a piece of foil over it to cover it. Cook it in the oven for 16 min.
- Serve them warm with some sour cream.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	48 mins

Nutritional Information:

Calories	439.0
Fat	34.0g
Cholesterol	72.2mg
Sodium	605.2mg
Carbohydrates	10.2g
Protein	26.9g

* Percent Daily Values are based on a 2,000 calorie diet.

HANDMADE CHEESE RAVIOLIS

Ingredients

Insides

- 1/4 C. sliced shiitake **mushroom**
- 1/4 C. sliced oyster **mushroom**
- 1/2 C. sliced cremini **mushroom**
- 1/2 C. sliced white button **mushrooms**
- 2 **garlic** cloves, sliced
- 1/4 C. **butter**
- 1/4 tsp ground black **pepper**
- 1/8 tsp sea **salt**
- 1/4 tsp **onion** powder
- 1/4 tsp **garlic** powder
- 1/8 C. beef **broth**
- 1 tbsp olive **oil**
- 1 C. ricotta **cheese**
- 1/4 C. parmesan **cheese**, grated
- 1/2 C. of chopped mixed **mushrooms**

Raviolis

- 3 C. unbleached white **flour**
- 1/2 tsp **salt**
- 2 **eggs**
- 1/2 C. **water**

Directions

To make the filling:

- Place a pan over medium heat. Heat in it the butter. Cook in it the mushrooms for 5 min.
- Stir in the pepper, salt, and onion/garlic powder. Stir in 1/8 C. of beef broth. Let them cook for 3 min.
- Turn off the heat and let it cool down for a while. Stir in the cheeses.

To make the dough:

- Get a mixing bowl: Stir in the salt with flour. Add the eggs and mix them well.
- Knead the dough with your hands until it becomes soft. Place it in a greased bowl and cover it with a cling wrap
- Let the dough rest for 16 min.
- Slice the dough in half. Place a half on a floured board. Roll it until it becomes 1/8 inches thick.
- Cut the dough into squares and place them on a lined up baking sheet. Place about 1 tsp of the filling in middle of each square.
- Repeat the process with the other half of dough. Use them to cover the squares with the filling.
- Press the edges to seal them with your fingers or a fork. Let them dry for 60 min.
- Once the time is up, bring 7 quarts of water in a large pot to a boil with some salt.
- Lower in it the ravioli squares and cook them for 11 to 16 min until they rise on top.
- Drain the raviolis and place them on a serving plate.
- Toss them with some butter and serve them with your favorite sauce.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	1 hr 30 mins
Total Time	1 hr 40 mins

Nutritional Information:

Calories	651.1
Fat	28.0g
Cholesterol	160.3mg
Sodium	679.7mg
Carbohydrates	75.4g
Protein	23.0g

* Percent Daily Values are based on a 2,000 calorie diet.



MUSHROOM STIR FRY 101

Ingredients

- 2 tsp olive **oil**
- 2 -3 cloves **garlic**, minced
- 2 C. sliced button **mushrooms**
- 4 C. chopped **broccoli**
- 1 tbsp chopped **rosemary**
- **salt & ground black pepper**

Directions

- Place a pan over medium heat. Heat in it the oil. Cook in it the garlic for 40 sec.
- Stir in the mushroom and cook them for 4 min.
- Stir in the rosemary with broccoli, a pinch of salt and pepper. Cook them for 4 min.
- Serve your salad warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	40.8
Fat	1.8g
Cholesterol	0.0mg
Sodium	21.4mg
Carbohydrates	5.1g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

GARLICKY MUSHROOM SKILLET WITH PEAS

Ingredients

- 1 (16 oz.) bags frozen **peas**
- 8 oz. sliced **mushrooms**
- 2 -4 **garlic** cloves
- 4 tbsp **butter**
- **salt** and **pepper**

Directions

- Place a pan over medium heat. Heat in it the butter. Cook in it the garlic with mushroom for 6 min.
- Stir in the peas and cook them for 2 min.
- Put on the lid and let them cook for 16 min.
- Serve your mushroom skillet warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	0 mins
Total Time	20 mins

Nutritional Information:

Calories	203.8
Fat	12.1g
Cholesterol	30.5mg
Sodium	226.9mg
Carbohydrates	17.8g
Protein	7.8g

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO MAKE ORZO

Ingredients

- 1 C. uncooked orzo **pasta**
- 1 C. shredded Swiss **cheese**
- 4 tbsp **butter**, divided
- 2 tsp minced **garlic**
- 1/4 tsp **salt**
- 1/4 tsp **pepper**
- 1/2 C. sliced **mushrooms**

Directions

- Prepare the orzo by following the instructions on the package.
- Melt 3 tbsp of butter. Toss it with cheese, garlic, salt and pepper in a large mixing bowl.
- Place a saucepan over medium heat. Heat in it the rest of the butter.
- Cook in it the mushrooms for 5 min. Stir in the orzo, cheese mixture, a pinch of salt and pepper.
- Heat them until the cheese melts. Serve it warm.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	0 mins
Total Time	30 mins

Nutritional Information:

Calories	486.1
Fat	26.2g
Cholesterol	73.8mg
Sodium	402.3mg
Carbohydrates	44.8g
Protein	17.6g

* Percent Daily Values are based on a 2,000 calorie diet.

FRIDAY NIGHT LINGUINE

Ingredients

- 1 (8 oz.) packages **linguine**
- 2 tbsp **butter**
- 1/2 lb. **mushrooms**, sliced
- 1/2 C. **butter**
- 2 **garlic** cloves, minced
- 1 (3 oz.) packages cream **cheese**
- 2 tbsp **parsley**, chopped
- 3/4 tsp dried **basil**
- 2/3 C. boiling **water**
- 1/2 lb. cooked **shrimp**

Directions

- Prepare the pasta by following the instructions on the package. Drain it and place it aside.
- Place a pan over medium heat. Heat in it 2 tbsp of butter. Cook in it the mushrooms for 6 min.
- Drain it and place it aside. Heat 1/2 C. of butter in the same pan. Cook in it the garlic for 40 sec.
- Add the cream cheese and stir it until it melts. Add the basil with parsley.
- Let them cook for 6 min. Add the boiling water and stir them well. Stir in the shrimp with mushroom.
- Let them cook for 3 min. Stir in the pasta with a pinch of salt and pepper. Serve your creamy pasta warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	0 mins
Total Time	15 mins

Nutritional Information:

Calories	611.8
Fat	37.8g
Cholesterol	210.1mg
Sodium	402.0mg
Carbohydrates	45.7g
Protein	23.1g

* Percent Daily Values are based on a 2,000 calorie diet.



BROILED HALIBUT WITH MUSHROOM SALSA

Ingredients

- 2 C. sliced cremini **mushrooms**
- 2 green **onions**, sliced
- 1/3 C. light **mayonnaise**
- 2 tbsp **parsley**, chopped
- 1 tbsp **lemon** juice
- 1 tsp **gingerroot**, grated
- 1/4 tsp **salt**
- 1/4 tsp **pepper**
- 4 halibut **steaks**

Directions

- Before you do anything, preheat the oven broiler.
- Get a mixing bowl: Toss in it the mushrooms, onions, mayonnaise, parsley, lemon juice, ginger, salt and pepper.
- Lay the fish on a greased baking pan. Place it in the oven and cook it for 6 min.
- Flip the fish gently then top it with the mushroom mixture.
- Place it in the oven broiler and let it cook until the fish is done for about 8 to 12 min.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	452.2
Fat	12.0g
Cholesterol	206.9mg
Sodium	587.0mg
Carbohydrates	4.6g
Protein	77.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ONTARIO CASSEROLE

Ingredients

- 1/2 C. wild **rice**
- 1/2 C. pearl **barley**
- 1/2 C. brown **rice**
- 1/4 C. **oil**
- 1 large **onion**, sliced
- 4 **garlic** cloves, chopped
- 4 tbsp **butter**
- 1/2 lb. **mushroom**, sliced
- 3 1/2 C. **broth**
- 1 tsp crushed dried **thyme**
- 1/2 tsp crushed dried **oregano**
- **salt & pepper**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a mixing bowl: Stir in the wild and brown rice with barley.
- Place an ovenproof pot over medium heat. Heat in it the oil. Cook in it the garlic with onion for 6 min.
- Stir in the rice and barley mix. Cook them for 2 min.
- Place a small skillet over medium heat. Heat in it the butter. Cook in it the mushroom for 2 min.
- Add it to the saucepan with broth, herbs, a pinch of salt and pepper. Cook them until they start boiling.
- Put on the lid and place the pot in the oven for 60 min. Serve it hot.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	20 mins
Total Time	1 hr 30 mins

Nutritional Information:

Calories	254.0
Fat	13.4g
Cholesterol	15.4mg
Sodium	323.3mg
Carbohydrates	29.8g
Protein	5.1g

* Percent Daily Values are based on a 2,000 calorie diet.

EXTRA CHEESY MUSHROOM PIZZA

Ingredients

- 14 oz. refrigerated prepared **pizza crust**
- 3 tbsp extra virgin olive **oil**
- 3 **garlic** cloves, chopped
- 5 oz. shiitake **mushrooms**, stems discarded and sliced
- 8 oz. white **mushrooms**, sliced
- **salt**
- 2 C. Swiss **cheese**, shredded
- 2 C. mozzarella **cheese**, shredded

Directions

- Before you do anything, preheat the oven to 400 F.
- Lay the pizza dough on a baking pan. Coat it with 2 tbsp of olive oil. Sprinkle over it the garlic.
- Place the pizza crust in the oven and let it cook for 9 min.
- Place a pan over medium heat. Heat in it the remaining oil. Cook in it the remaining mushroom for 9 min.
- Top the pizza crust with Swiss cheese, cooked mushroom then mozzarella cheese on top.
- Place the pizza in the oven and let it cook for 16 min. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	490.5
Fat	38.0g
Cholesterol	93.9mg
Sodium	461.4mg
Carbohydrates	9.1g
Protein	29.6g

* Percent Daily Values are based on a 2,000 calorie diet.



SIMPLE MISO SOUP

Ingredients

- 1/2 pint **water**
- 2 shiitake **mushrooms**, sliced
- 1 **scallion**, white part sliced
- 1 tbsp **miso**
- 1 oz. firm **tofu**, diced

Directions

- Place a saucepan over medium heat. Heat in it the water until it starts boiling.
- Add to it the miso with mushroom. Lower the heat and let them cook for 6 min.
- Pour the soup into serving bowls. Stir into it the scallions and tofu.
- Serve your soup right away.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	70.4
Fat	2.3g
Cholesterol	0.0mg
Sodium	631.4mg
Carbohydrates	8.5g
Protein	5.3g

* Percent Daily Values are based on a 2,000 calorie diet.

MARIA'S QUESADILLA

Ingredients

- 1 medium red **onion**, chopped
- 1/2 lb. **mushrooms**, diced
- 1 clove **garlic**, minced
- 1 tsp **oregano**
- 2 tbsp olive **oil**
- 2 **tomatoes**, deseeded &,chopped
- 2 C. red **peppers**, diced
- 8 **tortillas**
- 2 C. grated cheddar **cheese**

Directions

- Before you do anything, preheat the oven to 350 F.
- Place a pan over medium heat. Heat in it the oil. Cook in it the onion with garlic, oregano, mushroom, a pinch of salt and pepper.
- Let them cook for 6 min. Add the tomato and cook them for an extra 6 min.
- Lay 4 tortillas in the bottom of a greased baking pan. Pour over it the mushroom mixture.
- Sprinkle the cheese on top then cover them with the rest of the tortillas.
- Place the tortilla casserole in the oven. Let it cook for 11 min. Serve it hot with some sour cream.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	25 mins

Nutritional Information:

Calories	783.1
Fat	36.9g
Cholesterol	59.3mg
Sodium	1251.5mg
Carbohydrates	84.2g
Protein	29.0g

* Percent Daily Values are based on a 2,000 calorie diet.

VEAL CUTS WITH MUSHROOM SAUCE

Ingredients

- 4 **veal** chops
- 2 tbsp olive **oil**
- **salt** and **pepper**
- 1 tbsp **tarragon**
- 1 lb. cremini **mushroom**, sliced
- 2 tbsp **flour**
- 1 C. chicken **stock**
- 2 tbsp heavy **cream**
- 1 dash **nutmeg**

Directions

- Season the veal chops with some salt and pepper.
- Place a pan over medium heat. Heat in it the oil. Cook in it the veal chops for 6 min on each sides.
- Drain them and place them aside.
- Get a mixing bowl: Stir in the mushroom with flour, a pinch of salt and pepper.
- Stir them into the pan and let them cook for 4 min.
- Stir in the stock and cook for 5 min until it becomes thick. Stir in the cream with nutmeg, a pinch of salt and pepper.
- Place the veal chops on serving plates. Spoon the mushroom sauce over them.
- Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	150.0
Fat	10.4g
Cholesterol	12.0mg
Sodium	96.4mg
Carbohydrates	10.8g
Protein	5.1g

* Percent Daily Values are based on a 2,000 calorie diet.



MUSHROOM PESTO SPAGHETTI

Ingredients

- 7 oz. thin **spaghetti**
- 1 -2 tbsp olive **oil**
- 1/2 **onion**, slivered
- 1 red bell **pepper**, cored and slivered
- 8 oz. **mushrooms**, sliced
- 7 oz. **pesto sauce**

Directions

- Prepare the pasta by following the instructions on the package.
- Place a pan over medium heat. Heat in it the oil. Cook in it the onion for 4 min.
- Stir in the peppers with mushroom. Cook them for 5 min. Stir in the pesto with spaghetti, a pinch of salt and pepper.
- Serve it warm with some bread sticks.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	244.0
Fat	4.7g
Cholesterol	0.0mg
Sodium	8.6mg
Carbohydrates	38.6g
Protein	12.1g

* Percent Daily Values are based on a 2,000 calorie diet.

CLASSIC TURKEY AND PARSLEY SAUCE

Ingredients

- 9 oz. button **mushrooms**, sliced
- 4 **turkey** fillets
- 3 tbsp **flour**
- 1 **garlic** clove, diced
- 1 tbsp **butter**
- 1 tbsp olive **oil**
- 1 tbsp chicken **bouillon** powder
- 1 tsp **parsley**, minced
- 1/4 tsp **salt**
- 1 C. warm **water**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a shallow bowl: Stir in the garlic with flour and salt.
- Dust the turkey fillets with the flour mixture.
- Place a pan over medium heat. Heat in it the butter. Cook in it the turkey fillets for 10 to 12 min on each side
- Drain them and place them on serving plate.
- Heat the oil in the same pan. Cook in it the mushroom for 11 min.
- Get a mixing bowl: Stir in the bouillon powder with water and parsley. Stir it into the mushroom pan.
- Let them cook for 4 to 6 min until the sauce becomes thick.
- Spoon the hot sauce over the turkey fillets. Serve them warm with some rice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	50 mins

Nutritional Information:

Calories	96.7
Fat	6.7g
Cholesterol	7.8mg
Sodium	534.4mg
Carbohydrates	7.2g
Protein	3.0g

* Percent Daily Values are based on a 2,000 calorie diet.

BALSAMIC MUSHROOM BUTTONS

Ingredients

- 1 tbsp olive **oil**
- 1 sprig **rosemary**, minced
- 1 **garlic** clove, minced
- 1 tbsp **honey**
- 1 tbsp balsamic **vinegar**
- **salt** and **pepper**
- 10 oz. fresh button **mushrooms**

Directions

- Before you do anything, preheat the oven to 325 F.
- Place a pan over medium heat. Stir in it the oil with rosemary, garlic and honey for 2 min.
- Stir in the mushroom with balsamic vinegar. Spoon the mixture into a greased baking dish.
- Place it in the oven and let it cook for 35 to 42 min. Serve your sweet mushroom warm as a topping or side dish.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	35 mins

Nutritional Information:

Calories	66.9
Fat	3.6g
Cholesterol	0.0mg
Sodium	5.0mg
Carbohydrates	7.7g
Protein	2.4g

* Percent Daily Values are based on a 2,000 calorie diet.



TRUE COUNTRY PILAF

Ingredients

- 1 tbsp vegetable **oil**
- 8 oz. portabella **mushrooms**, chopped
- 1 small **onion**, chopped
- 2 **garlic** cloves, minced
- 1 1/4 C. pearl **barley**, uncooked
- 3 C. fat-free low-sodium chicken **broth**
- 1/4 tsp **salt**
- 1/4 tsp **pepper**
- 2 tbsp **dill weed**, snipped

Directions

- Place a saucepan over medium heat. Heat in it the oil. Cook in it the mushrooms with onion and garlic for 6 min.
- Add the barley and cook them for 2 min. Add the broth with a pinch of salt and pepper. Cook them until they start boiling over high heat.
- Lower the heat and put on the lid. Let them cook for 46 to 52 min until the barley is done. Serve it hot.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	100.3
Fat	1.8g
Cholesterol	0.0mg
Sodium	70.4mg
Carbohydrates	18.3g
Protein	3.7g

* Percent Daily Values are based on a 2,000 calorie diet.

MUSHROOM WELLINGTON

Ingredients

- 2 tbsp **butter**
- 3 **shallots**, chopped
- 1 C. wild **mushroom**
- 2 oz. sweet marsala **wine**
- 2 oz. heavy **cream**
- 4 beef tenderloin **steaks**
- olive oil flavored **cooking spray**
- 3 **shallots**, chopped
- 2 C. red **wine**
- 2 C. chicken **broth**
- 1 tsp **cornstarch**
- 2 sheets puff **pastry**
- 1 **egg**
- 1 pinch **salt**
- 1 pinch **pepper**

Directions

To make the filling:

- Place a pan over medium heat. Heat in it the butter. Cook in it the shallots for 3 min.
- Stir in the mushroom and cook them for 4 min. Stir in the marsala wine then let them cook for another 3 min.
- Stir in the cream and let them cook for 2 to 3 min. Pour the mixture into a food blender. Blend it smooth.
- Pour the filling into a mixing bowl. Season it with some salt and pepper.
- Sprinkle some salt and pepper all over the steaks.
- Place a large skillet over medium heat. Grease it with a cooking spray. Cook in it the steaks for 4 to 5 min on each side.
- Before you do anything, preheat the oven to 425 F.
- Place the steaks in a roasting pan. Cook them in the oven until they reach 100 f internal temperature.

- Once the time is up, place the steaks on a large plate and let them cool down completely. Reserve the steaks drippings.
- Preheat the oven to 400 F.
- Cut the pastry into 4 pieces. Lay each steak on a pastry sheet. Spread over it the mushroom mixture.
- Pull the dough over the steak with filling and press the edges to seal them. Repeat the process with the remaining steaks.
- Lay them on a baking sheet. Coat them with the beaten egg. Cook them in the oven for 24 to 32 min.
- Allow the beef and mushroom wellingtons to rest for 8 min.
- Place a skillet over medium heat. Heat in it the steaks drippings. Cook in them the shallots for 3 min.
- Stir in the red wine and cook them for 2 to 3 min. Stir in the chicken broth. Simmer them until it reduces to make the salsa.
- Get a small mixing bowl: Whisk in it the water with cornstarch. Stir it into the pan.
- Heat them for 6 min until the sauce becomes thick. Serve them warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 mins
Total Time	1 hr

Nutritional Information:

Calories	907.6
Fat	59.8g
Cholesterol	147.7mg
Sodium	589.3mg
Carbohydrates	44.0g
Protein	31.2g

* Percent Daily Values are based on a 2,000 calorie diet.

PAN FRIED TOFU WITH MUSHROOM GRAVY

Ingredients

- 1 (16 oz.) packages extra firm **tofu**

Breading

- 1/2 C. **cornstarch**
- 1 tsp **salt**
- 1 tsp dried Italian herb **seasoning**
- 1 tsp black **pepper**
- 1 tsp **garlic** powder
- 1/4 tsp cayenne **pepper**
- 1/2 C. vegetable **oil**

Gravy

- 1 small **onion**, chopped
- 2 tbsp olive **oil**
- 2 tsp dried **rosemary**
- 5 button **mushrooms**, chopped
- 1/2 C. vegetable **broth**
- 2 tsp **cornstarch**

Directions

- Remove the tofu from the water and pat it dry. Cut it into 6 slices.

To prepare the crust:

- Get a shallow mixing bowl: Combine in it the all the crust ingredients.

To prepare the gravy:

- Place a pan over medium heat. Heat in it the oil. Cook in it the onion for 6 min.

- Stir in the rosemary with mushroom, a pinch of salt and pepper. Cook them for 3 min.
- Stir in the broth and let them cook for 12 min.
- Place another pan over medium heat. Heat in it the oil. Roll the tofu slices in the crust mixture.
- Cook them in the hot oil for 4 to 6 min on each side. Drain the tofu steaks and place them on a serving plate.
- Spoon over them the mushroom sauce. Serve them warm with some rice.
- Enjoy.

Servings per Recipe: 4

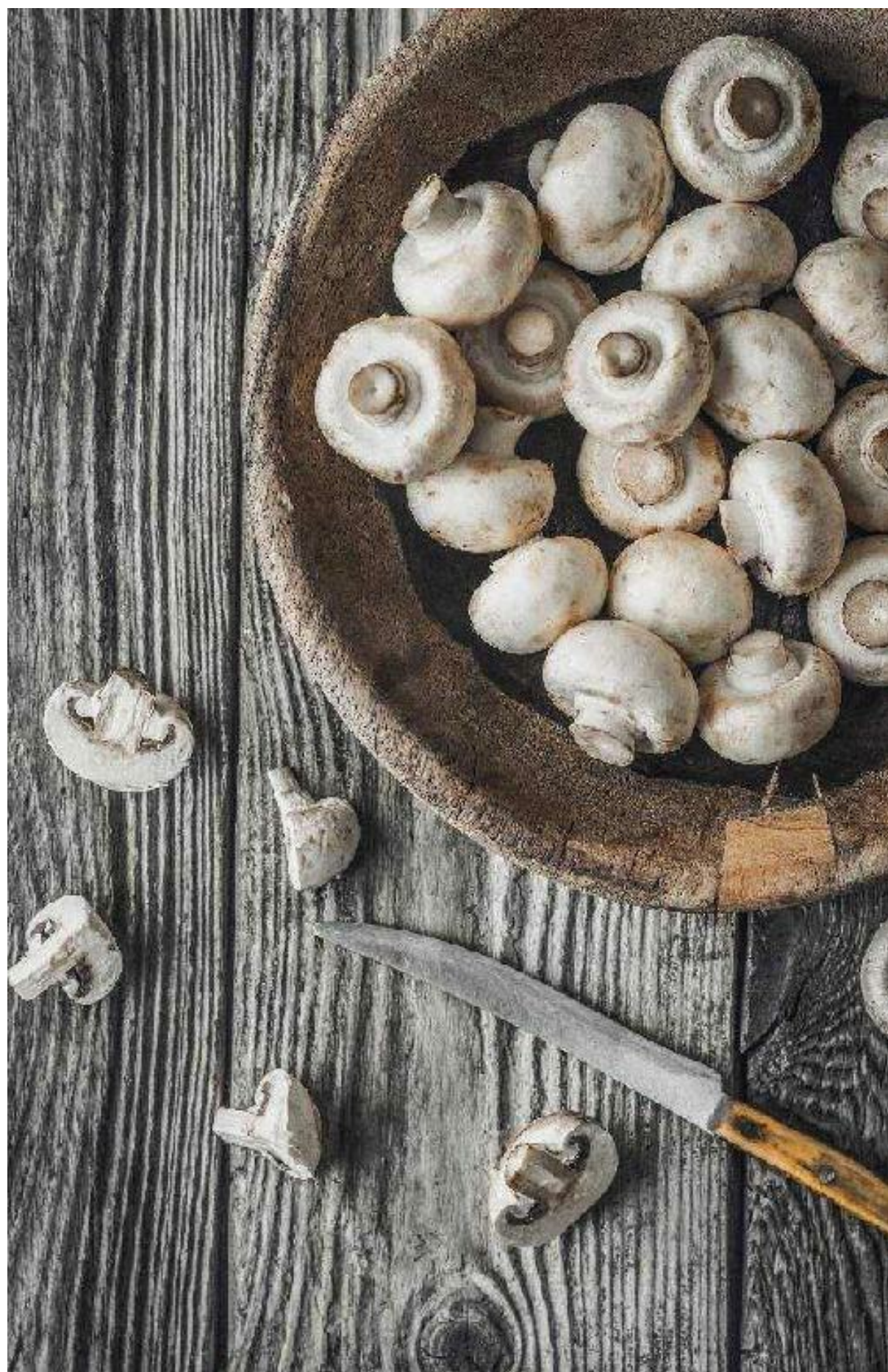
Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	461.9
Fat	38.9g
Cholesterol	0.0mg
Sodium	598.8mg
Carbohydrates	21.1g
Protein	10.1g

* Percent Daily Values are based on a 2,000 calorie diet.



HOW TO MAKE MUSHROOM PÂTÉ

Ingredients

- 4 tbsp **butter**
- 16 oz. **mushrooms**, chopped
- 2 **garlic** cloves, chopped
- 1/3 C. chicken **stock**
- 8 oz. cream **cheese**
- 1/4 C. **scallion**, chopped

Directions

- Place a pan over medium heat. Heat in it 2 tbsp of butter. Cook in it the mushroom with scallions and garlic for 6 min
- Stir in the stock and cook them over high heat until it reduces by half.
- Get a blender: Combine in it 2 tbsp of butter with cream cheese. Blend them smooth.
- Mix in the cooked mushroom mixture and blend them smooth.
- Add a pinch of salt and pepper then mix them well.
- Serve your mushroom pate with some bread or veggies.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	221.6
Fat	21.0g
Cholesterol	62.4mg
Sodium	212.8mg
Carbohydrates	5.1g
Protein	5.1g

* Percent Daily Values are based on a 2,000 calorie diet.

SESAME MUSHROOM STIR FRY

Ingredients

- 1 tsp **cornstarch**
- 2 tbsp low sodium **soy sauce**
- 2 tsp **ginger**, minced
- 2 tsp Thai **chili** sauce
- 2 **garlic** cloves, minced
- 1 tsp sesame **oil**
- 3 tbsp canola **oil**, divided
- 1 (14 oz.) packages extra firm **tofu**, drained and cubed
- 1 lb. **bok choy**, chopped
- 2 C. sliced shiitake **mushrooms**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a small mixing bowl: Mix in it 1 tsp of water with cornstarch.
- Add the soy sauce, ginger, chile sauce, garlic and sesame oil. Mix them well.
- Place a pan over high heat. Heat in it 1 tbsp of canola oil. Cook in it the tofu for 8 min.
- Drain it and place it aside. Heat another tbsp of oil in the same pan.
- Cook in it the bok choy for 5 min. Drain it and place it aside.
- Cook the mushroom for 3 min in the same pan. Add the tofu with bok choy and soy sauce.
- Season them with some salt and pepper. Cook them for 2 min then serve them hot with some rice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	30 mins

Nutritional Information:

Calories	240.3
Fat	16.1g
Cholesterol	0.0mg
Sodium	393.7mg
Carbohydrates	17.1g
Protein	11.5g

* Percent Daily Values are based on a 2,000 calorie diet.



CLASSIC PICCATA CHICKEN WITH LINGUINE

Ingredients

- 4 boneless skinless **chicken** breasts
- 1/4 C. **flour**
- 1/2 tsp **salt**
- 1/2 tsp **pepper**
- 1 tbsp **butter**
- 1 tbsp olive **oil**
- 1 C. **mushroom**, sliced
- 1 1/2 C. chicken **broth**
- 3 tbsp **lemon** juice
- 3 tbsp **capers**
- 1 C. parmesan **cheese**, grated
- 1/4 C. **parsley**, minced
- 8 oz. **linguine**

Directions

- Prepare the pasta by following the instructions on the package.
- Place the chicken breasts between 2 wax sheets. Flatten them until they become 1/4 inch thick.
- Get a mixing bowl: Stir in it the flour with salt and pepper. Dust in it the chicken breasts.
- Place a pan over medium heat. Heat in it the oil and butter. Cook in it the chicken breasts for 8 to 9 min on each side.
- Drain the chicken breasts and place them aside.
- Stir the mushroom into the same pan and cook them for 3 min.
- Stir in the rest of the ingredients. Cook them for 6 min until the sauce becomes thick.
- Add the chicken breasts to the sauce and lower the heat. Let them cook for 3 min.
- Serve them hot with the pasta. Garnish it with some cheese.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	562.0
Fat	18.1g
Cholesterol	105.1mg
Sodium	1313.1mg
Carbohydrates	51.9g
Protein	45.6g

* Percent Daily Values are based on a 2,000 calorie diet.

CREAMY MUSHROOM BOURSIN

Ingredients

- 16 oz. large button **mushrooms**
- 1 package boursin **cheese**, garlic and herb flavored
- 1 -1 1/2 C. heavy **cream**

Directions

- Place a pan over medium heat. Heat in it the some butter. Cook in it the mushroom with a pinch of salt and pepper for 4 min.
- Place a heavy saucepan over medium heat. Heat in it the cheese until it melts. Add the cream and stir them well to make the sauce.
- Stir the sauce into the mushroom then serve it warm with some rice or as a topping.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	35 mins

Nutritional Information:

Calories	154.5
Fat	14.9g
Cholesterol	54.3mg
Sodium	19.0mg
Carbohydrates	3.7g
Protein	3.2g

* Percent Daily Values are based on a 2,000 calorie diet.

SEATTLE TOAST

(BUTTERED BREAD WITH MUSHROOMS)

Ingredients

- 4 large flat **mushrooms**, cleaned and sliced
- 2 oz. **butter**
- 1 tbsp vegetable **oil**
- 1 clove **garlic**, minced
- flat leaf **parsley**
- **salt** & ground black **pepper**
- **lemon** juice
- 2 slices **bread**, thick and toasted

Directions

- Place a pan over medium heat. Heat in it half of the oil and butter. Cook in the mushroom for 3 min.
- Lower the heat and let them cook for 7 min while stirring them often.
- Add the garlic and cook them for 1 min. Add the parsley with a pinch of salt and pepper.
- Heat them for 1 min. Stir in the lemon juice and turn off the heat.
- Spoon the mushroom into the toasted bread slices. Serve them right away with some sour cream.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	25 mins

Nutritional Information:

Calories	634.2
Fat	55.8g
Cholesterol	106.8mg
Sodium	615.4mg
Carbohydrates	29.3g
Protein	7.2g

* Percent Daily Values are based on a 2,000 calorie diet.

TWIN CITIES STYLE PIZZAS

Ingredients

- 1 homemade pizza **dough**
- 8 oz. Fontina **cheese**, sliced
- 4 C. sweet **onions**, halved lengthwise and sliced
- 3 tbsp extra virgin olive **oil**
- 3 C. sliced **mushrooms**
- 3 **garlic** cloves, minced
- 2 tsp snipped **rosemary**
- snipped **parsley**
- **salt** and **pepper**

Directions

- Before you do anything, preheat the oven to 375 F.
- Place the pizza dough on a greased baking sheet. Lay over it the cheese slices.
- Place a pan over medium heat. Heat in it 2 tbsp of oil. Cook in it the onion for 14 to 16 min with the lid on.
- Remove the lid and let it cook for an extra 8 min. Drain it and place it aside.
- Heat 1 tbsp of oil in the same pan. Cook in it the mushroom with rosemary, garlic, and a pinch of salt for 6 min
- Lay the onion over the cheese layer followed by the mushroom mixture. Place the pizza in the oven and let it cook for 26 to 32 min.
- Allow the pizza to rest for 6 min then serve it.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	30 mins
Total Time	1 hr

Nutritional Information:

Calories	129.9
Fat	9.3g
Cholesterol	21.9mg
Sodium	154.7mg
Carbohydrates	6.1g
Protein	6.0g

* Percent Daily Values are based on a 2,000 calorie diet.

COUNTRY WHITE RICE

Ingredients

- 3 C. mixed **mushrooms**, chopped
- 1 medium **onion**, diced
- 1/4 C. butter
- 5 C. white **rice**, cooked
- **soy sauce**
- **salt & ground black pepper**
- 1/2 C. green **onion**, sliced

Directions

- Place a pan over medium heat. Heat in it the butter. Cook in it the mushroom with onion for 6 min.
- Add the rice, soy sauce, salt, pepper, and green onions. Cook them for 3 min. Serve your rice pan hot.
- Enjoy.

Servings per Recipe: 5

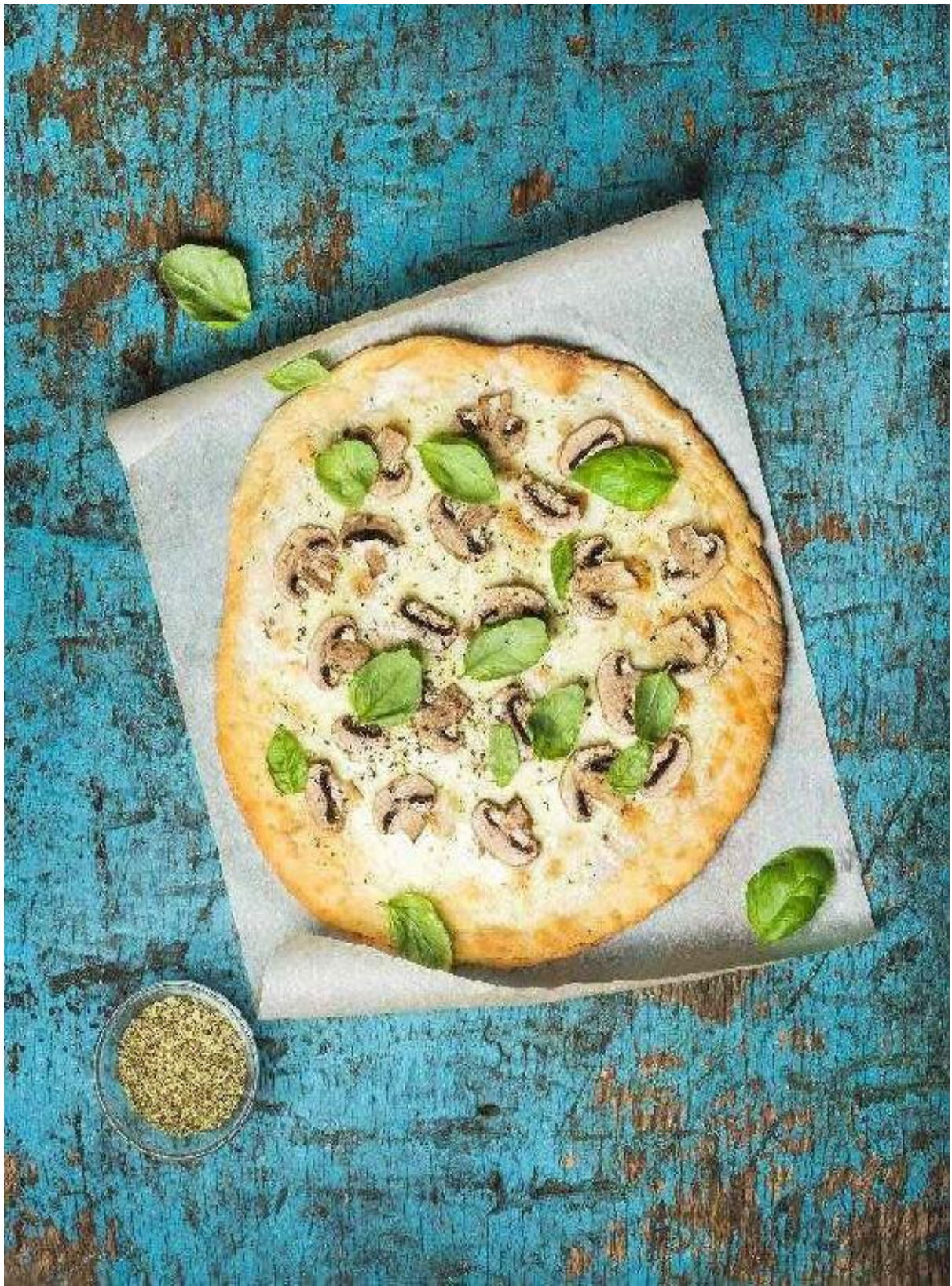
Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	778.3
Fat	10.2g
Cholesterol	24.4mg
Sodium	80.5mg
Carbohydrates	154.0g
Protein	13.0g

* Percent Daily Values are based on a 2,000 calorie diet.



BEEF STROGANOFF

Ingredients

- 1 1/2 C. canned low sodium beef **broth**
- 1 (1/2 oz.) package dried porcini **mushrooms**
- 3 tbsp vegetable **oil**
- 1/4 C. unsalted **butter**
- 8 oz. cremini **mushrooms**, trimmed, cleaned and sliced
- 1 lb. **beef** tenderloin, strips
- kosher **salt**
- ground **pepper**
- 3 tbsp **flour**
- 1 medium **onion**, sliced
- 1 tbsp Dijon **mustard**
- 1 tsp **Worcestershire** sauce
- 5 tbsp **crème fraiche**
- 12 oz. egg **noodles**, cooked
- 2 tbsp chopped **parsley**

Directions

- Prepare the noodles by following the instructions on the package.
- Place a saucepan over medium heat. Stir in it the broth with porcini. Cook them until they start boiling.
- Turn off the heat and put on the lid. Let them sit for 35 min.
- Once the time is up, drain the mushroom and chop it. Pour the broth through a fine mesh sieve then place it aside.
- Place a small pan over medium heat. Heat in it the butter with oil. Cook in it the mushroom for 6 min.
- Drain it and place it aside.
- Sprinkle some salt and pepper all over the beef strips. Toss them in flour.
- Place a skillet over medium heat. heat in it 2 tbsp of oil. Cook in it the beef strips for 1 to 2 min on each side.
- Drain them and add them to the mushroom.

- Heat the rest of the butter in the same pan. Cook in it the onion for 5 min.
- Stir in the strained broth with mustard, Worcestershire sauce, porcini, cremini and beef
- Cook them until they start simmering. Let them cook for another 2 min.
- Lower the heat and stir in the crème fraiche. Heat them for few minutes.
- Serve your mushroom sauce warm with noodles.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	50 mins

Nutritional Information:

Calories	924.5
Fat	53.3g
Cholesterol	224.4mg
Sodium	145.9mg
Carbohydrates	74.2g
Protein	37.7g

* Percent Daily Values are based on a 2,000 calorie diet.

GARDEN PORTABELLA TURKEY BURGERS

Ingredients

- 1 lb. ground **turkey** breast
- 1 tbsp olive **oil**
- 6 **garlic** cloves, peeled
- 1 red **onion**, sliced
- 6 oz. portabella **mushrooms**, sliced
- 1 tbsp balsamic **vinegar**
- 1 tbsp Dijon **mustard**
- 1 tsp dried **rosemary**, crushed
- 1 tsp low sodium **soy sauce**
- 1/2 tsp **salt**
- 1/2 tsp **pepper**
- 3 tbsp blue **cheese**, crumbled
- 4 sourdough French **rolls**
- salad **greens**

Directions

- Before you do anything, preheat the oven grill and grease it.
- Place a pan over medium heat. Heat in it the oil. Cook in it the garlic for 2 min. Drain it and chop it after it cools down.
- Heat the rest of the oil in the same pan. Cook in it the tamari sauce with onion for 3 min.
- Stir in the mushroom and cook them for 6 min. Stir in the balsamic vinegar and cook them for 40 sec.
- Turn off the heat and let them cool down for a while.
- Get a mixing bowl: Combine in it the garlic with turkey, mustard, rosemary, salt and pepper.
- Form the mixture into 4 patties. Place them over the grill and cook them for 5 to 7 min on each side.
- Transfer the burgers to the bread rolls.
- Mix the blue cheese into the mushroom mixture. Spoon it over

the burgers.

- Serve your burgers with your favorite toppings.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	35 mins

Nutritional Information:

Calories	318.8
Fat	7.9g
Cholesterol	75.1mg
Sodium	720.8mg
Carbohydrates	26.2g
Protein	34.3g

* Percent Daily Values are based on a 2,000 calorie diet.

BANGKOK CHICKEN PAN

Ingredients

- 3 tbsp peanut **oil**
- 1 **onion**, cut into slivers
- 6 cloves **garlic**, minced
- 1 1/2 lbs. boneless skinless **chicken** breasts, cubed
- 2 tbsp **soy sauce**
- 2 tbsp chopped **gingerroot**
- 2 tbsp chopped **mint** leaves
- 8 shiitake **mushrooms**, stemmed and sliced
- 5 green **onions**, chopped
- Thai red chili **pepper**, slivered
- 2 tbsp rice **vinegar**
- 1 tsp brown **sugar**
- 2 tbsp **fish sauce**
- steamed jasmine **rice**

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a mixing bowl: Whisk in it the vinegar, fish sauce and brown sugar until brown sugar to make the sauce.
- Place a skillet over medium heat. Heat in it the oil. Cook in it the chicken with onion and garlic for 4 min.
- Stir in the soy sauce, ginger, mint, mushrooms, green onions, chilies. Let them cook for 5 to 8 min or until they are done.
- Stir in the sugar sauce. Turn off the heat then serve your sweet chicken and mushroom with some rice.
- Get a mixing bowl:
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	336.1
Fat	14.8g
Cholesterol	108.9mg
Sodium	1416.0mg
Carbohydrates	10.6g
Protein	39.4g

* Percent Daily Values are based on a 2,000 calorie diet.



ROASTED HONEY MUSHROOM CHICKEN

Ingredients

- 4 **chicken** breasts
- 1 medium red bell **pepper**, cored, seeded and strips
- 1 medium yellow bell **pepper**
- 1/2 lb. **mushroom**, cleaned and quartered
- 1 (14 oz.) cans diced **tomatoes**, drained
- 3 tbsp olive **oil**
- 2 tbsp balsamic **vinegar**
- 1 tbsp **rosemary**
- 1 tsp **salt**
- ground black **pepper**
- **salt**
- 1 1/2 tbsp **honey**

Directions

- Before you do anything, preheat the oven to 425 F.
- Get a baking dish. Combine in it the mushroom with tomato, bell peppers, olive oil, vinegar, rosemary, salt and pepper.
- Add the chicken breasts on top and press them into the mix. Sprinkle over them some salt and pepper followed by the honey.
- Place the dish in the oven and let it cook for 1 h.
- Serve your chicken and mushroom casserole warm with some rice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	421.3
Fat	24.1g
Cholesterol	92.8mg
Sodium	685.0mg
Carbohydrates	18.0g
Protein	33.6g

* Percent Daily Values are based on a 2,000 calorie diet.



MEESH'S SAUCY MUSHROOM SKILLET

Ingredients

- 1 tbsp **oil**
- 1 large **onion**, chopped
- 1 can button **mushroom**, rinsed
- 1 tbsp any **soup** mix
- 1 tsp **paprika**
- 1/2 tsp black **pepper**, grated
- **water**

Directions

- Place a skillet over medium heat. Heat in it the oil. Cook in it the onion for 5 min.
- Stir in the mushroom and let them cook for an extra 6 min.
- Stir in the soup mix with paprika, a pinch of salt and pepper. Cook them for 1 min.
- Stir a splash of water to make the sauce a bit thin. Let them cook until it becomes thick to your liking.
- Serve your cream mushroom warm with some rice, noodles or leftover meat.
- Enjoy.

Servings per Recipe: 6

Timing Information:

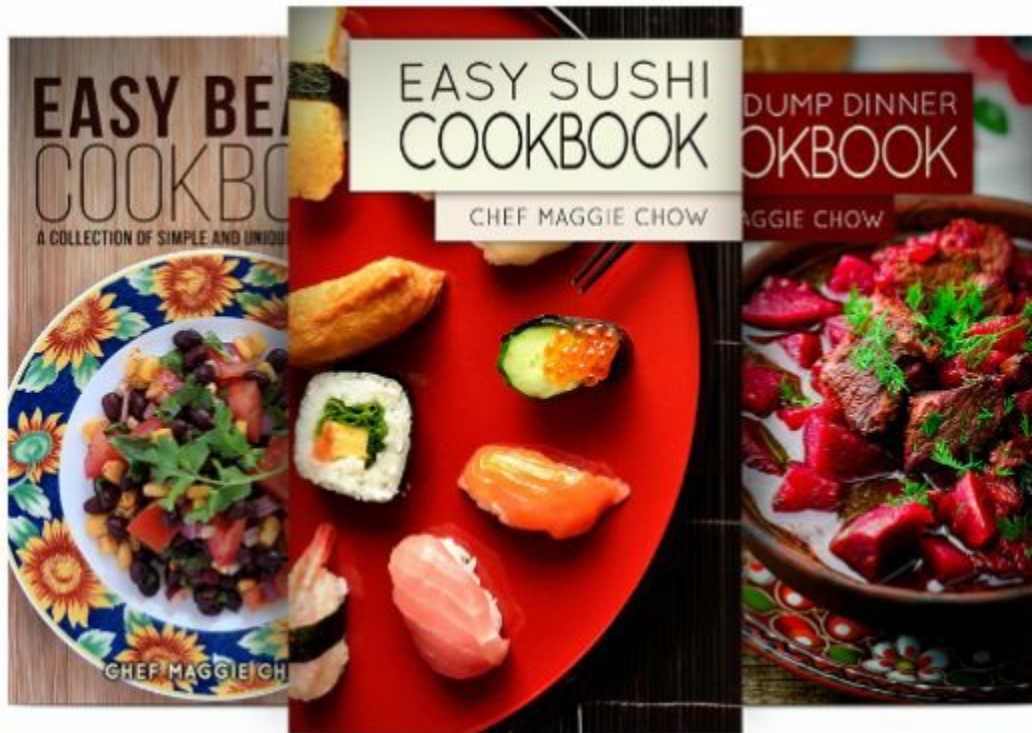
Preparation	5 mins
Total Time	25 mins

Nutritional Information:

Calories	32.0
Fat	2.3g
Cholesterol	0.0mg
Sodium	0.9mg
Carbohydrates	2.8g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.

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