

Mushrooms



About Mushrooms

- Mushrooms are a good source of copper and B vitamins.
- Copper helps keep bones and nerves healthy.
- Mushrooms are low in fat and sodium.

Choosing

- Choose mushrooms that are firm and dry.
- Avoid large dark spots and slime.

WIC Tip:

- Store fresh mushrooms in a paper bag in the refrigerator for up to 1 week

This institution is an equal opportunity provider

Thin Crust Harvest Pizza

Serving Size: 1 pizza

INGREDIENTS

- 1 ear corn, cooked and corn removed
- 1 medium, zucchini, sliced
- 6 whole mushrooms, sliced
- 2 tablespoons vegetable oil
- Salt & pepper to taste
- 1 (8-inch) flour tortilla
- ½ cup shredded cheese of your choice
- Optional: parsley, oregano or basil

INSTRUCTIONS

1. Add drizzle of oil to a skillet and warm over medium heat.
2. Add zucchini and mushrooms, cook until tender. Remove from heat and season with salt and pepper. Place in bowl for later.
3. Wipe out skillet. Add a drizzle of oil to skillet over medium heat.
4. Place one tortilla in skillet and warm.
5. Add cheese on top of tortilla, and wait until it melts.
6. Top with veggies , add more cheese if you like and enjoy!

