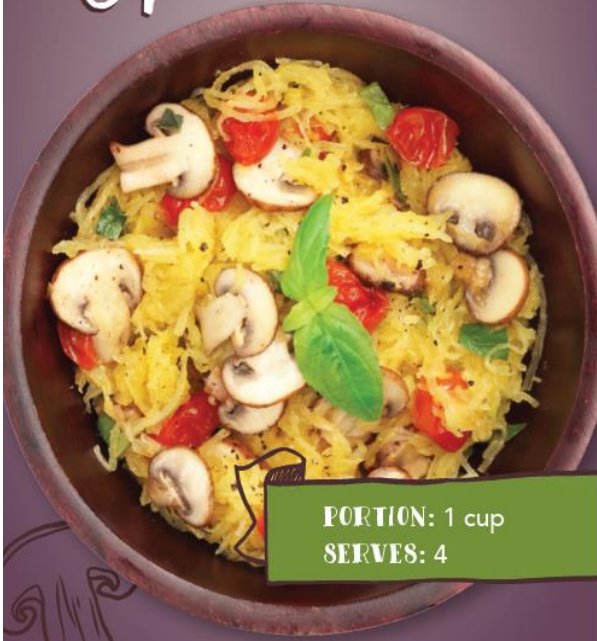


MUSHROOM
Spaghetti
Squash & TOMATOES



PORTION: 1 cup
SERVES: 4

INGREDIENTS

1 lb	Spaghetti Squash	4 oz	Cherry Tomatoes, Halved
1 Tbsp	Olive Oil	1 Tbsp	Basil, Chopped
1 cup	Cremini Mushrooms, Fresh Sliced	1/4 tsp	Kosher Salt
1 tsp	Garlic Cloves, Minced	1/8 tsp	Ground Black Pepper

METHOD

1. Cut squash in half lengthwise and remove seeds. Place cut side down onto a paper lined oven pan and roast at 350F degrees until tender. (45 minutes- 1 hour).
2. Remove from the oven and when cool enough to handle, scoop out the flesh and gently break up strands. Set aside.
3. Heat the oil in a pan and sauté mushrooms until cooked, add garlic and the halved tomatoes. Add the spaghetti squash, chopped basil, salt and freshly ground black pepper. Toss gently to combine and heat through.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
70	4g	.5g	10g	2g	2g	140mg

Grilled
Portobello
REUBEN



PORTION: 1 sandwich
SERVES: 4

INGREDIENTS

2 cups	Water	8 slices	Seeded Rye Bread
1 Tbsp	Pickling Spice	8 slices	Swiss Cheese, Sliced
1 Tbsp	Kosher Salt	1/4 cup	1000 Island Dressing
1 Tbsp	Granulated Sugar	2 cups	Sauerkraut
4-5 caps	Portobello Mushrooms		

METHOD

1. Brine the Portobello: Place water in pot with the pickling spice, salt and sugar. Bring to a boil to melt the salt. Remove from heat. Meanwhile, remove stems from the mushrooms and then place mushroom caps in a shallow bowl with the brine. Place a weight on top to keep the mushrooms completely submerged and cure overnight.
2. Grill or sauté the brined mushroom caps until heated through. Slice the mushrooms and set aside.
3. Place each slice of bread on a hot sauté pan and toast over medium heat. Place a slice of cheese onto each slice. Onto every other slice place 4-5 slices of cooked mushrooms, 1/4 cup sauerkraut, 1 Tbsp. dressing and top with other half of bread. Press and toast sandwich until bread is golden brown and cheese is melted. Serve hot.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
440	20g	9g	46g	22g	8g	960mg

SUPERFOOD

SMOKED GOUDA Mushroom & Onion PIZZA



PORTION: 1 slice
SERVES: 4

INGREDIENTS

1 cup	White Onions, Sliced	1 1/3 cup	Button Mushrooms, Sliced
1 Tbsp	Canola Oil	4 each	Prepared Pizza Shells
1 cup	Smoked Gouda, Shredded	2 tsp	Extra Virgin Olive Oil
3/4 cup	Red, Orange & Yellow Peppers, Sliced	1 Tbsp	Thyme Leaves

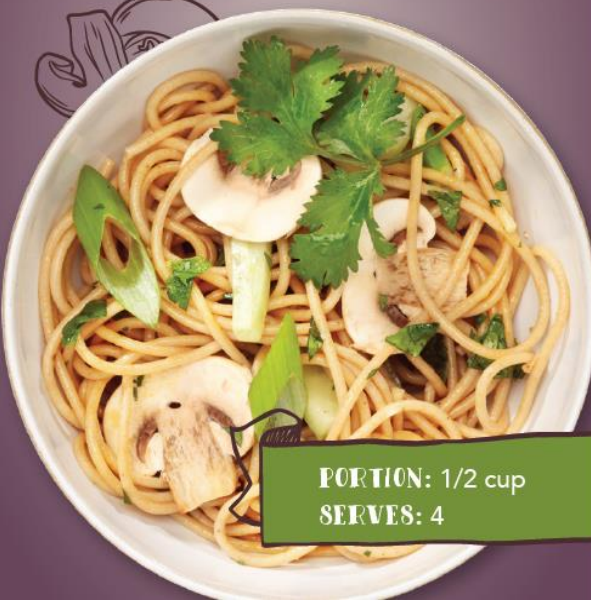
METHOD

1. Preheat the oven at 500F. Heat a sauté pan over medium heat. Pour in the canola oil and add the onions. Cook for 1-2 minutes until the onions start to caramelize, then add the peppers and cook for 2 minutes.
2. Add the mushroom slices. Toss to coat the mushrooms and cook for 2-3 minutes or until heated through. Remove from the heat and set aside.
3. Next, lay your prepared pizza shells on a bakeable pan. Drizzle the olive oil evenly over the pizza shells. Evenly divide the sautéed vegetables among the pizzas, sprinkle the fresh thyme leaves, and shredded cheese.
4. Bake for 10-25 minutes until crust is golden brown. Cut each pie into 4 slices and serve hot.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
480	16g	5g	69g	16g	5g	710mg

SUPERFOOD

HOT AND SOUR Noodle Mushroom SALAD



PORTION: 1/2 cup
SERVES: 4

INGREDIENTS

5 oz	Spaghetti pasta, dry	1 tsp	Light soy milk
1 tsp	Sesame oil	1 tsp	Lime juice
2 Tbsp, 2 tsp	Green onions, chopped	1/8 tsp	Granulated sugar
2 cups	Button mushrooms, sliced	1/4 tsp	Tabasco sauce
1/4 ea	Cucumbers, peeled, julienned	1 Tbsp	Chopped cilantro
2 tsp	Sesame oil		

METHOD

1. Bring water to a boil, pour in pasta and cook until al dente. Drain and let cool. Set aside.
2. Toss the oil and pasta in a mixing bowl. Coat thoroughly.
3. Add the vegetables except the cilantro to the bowl and toss well to ensure all of the ingredients have been coated.
4. In a small bowl combine remaining ingredients, whisk together and pour over pasta. Toss well.
5. Garnish with cilantro and serve.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
180	4g	0.5g	30g	6g	2g	10mg