

**Family Living  
Focus**  
by  
**Trudy Dougherty**  
Chester Co. Extension



## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

November	28 -	Food Gifts
December	5 -	Christmas Cookies
	12 -	Holiday Entertaining
	19 -	Holiday Favorites

### Mushrooms - Important Part of a Health Diet

Chester County has a very important agriculture industry which provides us with a bountiful supply and variety of mushrooms.

The nutritional message is a very positive one—mushrooms are low in calories with less than

30 calories per quarter pound. Mushrooms are low in fat and contain no cholesterol. They are suited to low-salt diets and are good sources of potassium and rich in Vitamin B12. Mushrooms contain vegetable protein which, when combined with pasta, grains or beans, produces a complete protein.

Fresh mushrooms need careful handling. Store them in a paper bag in your refrigerator two to three days. If you need to keep them longer, freeze them. It is best to saute the mushrooms in oil or butter, whole or sliced, and store in an appropriate freezer-weight bag. They

may be frozen up to three months.

The average portion of raw mushrooms is 1/4 pound. As a cooked vegetable, allow 6 ounces per serving. Here are a few recipes to get you started.

#### Ginger, Spit Pea and Mushroom Soup

1 onion, finely chopped  
1 tablespoon grated ginger root  
2 tablespoons chopped fresh cilantro or parsley  
1/2 pound green split peas  
5 cups vegetable stock  
10-ounces small button mushrooms, sliced

Put onion, ginger root, cilantro or parsley, split peas, and stock into a saucepan. Bring to a boil, cover and simmer gently for 30 minutes. Add the mushrooms and simmer for an additional 15 minutes. Season to taste, then serve garnished with lemon slices and sprigs of cilantro or parsley. Serves 4-6

#### Some ideas to introduce mushrooms to your family

- Sliced mushrooms are excellent for sandwich fillers. Grill portabella slices that have been brushed with olive oil and served with lettuce and whole wheat bread.

- A few large white mushrooms may be put into the roasting pan around a beef roast or chicken for the last 10 minutes of cooking.

- Specialty mushrooms such as shiitake, enoki, oyster, etc., have lovely shapes and colors and are excellent accompaniments to dishes.

Enjoy these vegetables. They will add flavor, interest and great nutrition to your meal.

#### Marinated Mushrooms

1/2 cup wine vinegar  
1/2 clove garlic  
1 bay leaf  
1 small onion, finely chopped  
2 tablespoons tomato paste  
3 tablespoons oil  
1 pound small button mushrooms  
fresh cilantro

Put the vinegar, garlic, bay leaf, and onion into a saucepan. Bring to a boil and simmer until the onion is tender. Add the tomato paste and oil. Mix together thoroughly and season to taste. Pour the marinade over the mushrooms. Cover and chill overnight. Remove the garlic and bay leaf. Serve in individual dishes. Garnish with cilantro. Serves 4 or makes a wonderful appetizer for a small group.

## Nutty News

Nuts have long been enjoyed for their unique taste and texture, and now that winter is approaching, let's take another look at the health benefits of nuts.

A healthful eating plan includes some fat—the American Heart Association recommends 30% with 10% or less saturated. Although relatively high in fat, nuts contain mostly unsaturated fat. Unsaturated fats can help control blood cholesterol levels and thus lower the risk for heart disease. Because many Americans eat too much saturated fat, nutrition experts recommend replacing some saturated fat with poly- and monounsaturated fats, the type of fats found in nuts.

Walnuts are high in polyunsaturated fat. Polyunsaturated fats include essential fatty acids and omega-3 fatty acids. Research suggests that omega-3 fatty acids found in

foods like fish, seafood, and nuts may help reduce the risk of heart disease and stroke. A quarter cup (one ounce) of walnuts supplies about 2 grams of plant-based omega-3 fatty acids, slightly more than is found in 3 ounces of salmon. To reap the benefits of omega-3

fatty acids, try to eat fish, seafood, or nuts two to three times a week.

Nuts are also a good source of protein. In the Food Guide Pyramid, nuts are included with other protein rich foods in the Meat, Poultry, Eggs, Beans and Nuts category. One-third

cup of nuts provides about 5 grams of protein and is equivalent to 1 ounce of lean meat.

Additionally, nuts, like pistachios and almonds, are teeming with vitamins and minerals in each crunchy bite, including thiamine, vitamin B-6, folacin, magnesium, iron, copper, and potassium. Research in cancer prevention includes studies on phytochemicals (natural chemicals found in foods). Nuts contain one type of phytochemical called phenolic acid. Another reason to consume nuts!

There's even more good news. Nuts are one of nature's original convenience foods. Easy to carry along in a purse, briefcase, or backpack, peanuts and almonds, for example, provide an energy-boosting, quick snack.

Nuts are also versatile and easy to toss in salads, pasta, rice dishes, and stir-fries. They're great in veggie pizzas and in trail mixes with dried fruit, as well as their traditional uses in baked goods like muffins and breads.

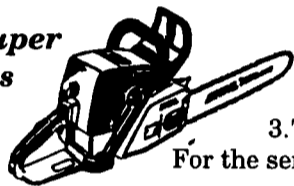
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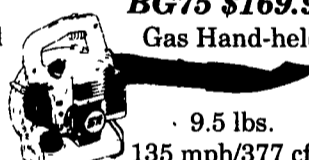
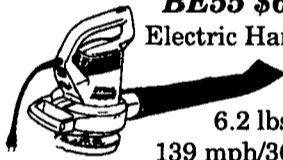
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