



Giorgio[®]

America's Favorite Mushroom

HEALTHY MUSHROOM MEALS



**COOK
TIME:
30 MINS**

MUSHROOM, ASPARAGUS & GOAT CHEESE TART

WHAT YOU NEED

- 1 Tbsp olive oil
- 1 lb fresh mixed mushrooms (crimini, shiitake, oyster)
- 1 17.3 oz package frozen puff pastry, thawed overnight in refrigerator
- 2 large eggs
- ½ Tbsp Italian herbs
- Salt and pepper, to taste
- 2-3 oz softened goat cheese
- 2 Tbsps milk
- 15 asparagus spears, ends trimmed
- 1 oz goat cheese, crumbled (for topping)

WHAT YOU DO

In a large pan add olive oil. Cook mushrooms over medium-high heat for 5-8 mins, or until moisture has been released.

Preheat oven to 350°F

On a lightly floured surface, roll out both pastry sheets. Transfer to parchment-lined baking sheet. Fold over edges all around pastry sheet to make a raised crust.

In a small bowl whisk together eggs, Italian herbs, salt, pepper, softened goat cheese and milk. Divide mixture between both pastry crusts. Place asparagus spears across the top of egg mixture. Spoon cooked mushrooms over asparagus. Crumble remaining goat cheese evenly over entire tart. If desired, brush the crust with egg wash*.

Bake tart for 20-25 mins or until eggs are set, asparagus is tender, and crust is golden. Serve warm or cooled.

**Tip: Brushing the crust with an egg wash will produce a nicely browned crust with a slightly glossy finish. To make egg wash simply whisk together 1 (one) large egg and 1 Tbsp of water until frothy. Use a pastry brush to apply egg wash to crust.*



BLENDED MEATBALLS

WHAT YOU NEED

- ½ lb mushrooms, finely chopped
- 1 lb ground beef
- 1 tsp Italian seasoning
- 1 small onion, finely diced
- 1 clove minced garlic
- ½ cup breadcrumbs
- 1 egg

WHAT YOU DO

Preheat oven to 400°F. Line baking tray with foil and spray with cooking spray.

Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. In a skillet over medium heat cook chopped mushrooms until brown and most moisture has been released, about 3-5 mins. Set aside to let cool.

In a large bowl combine cooled mushrooms, beef, seasoning, onion, garlic breadcrumbs and egg; mix all ingredients until incorporated. Shape mixture into 1½ inch meatballs. Place 1 inch apart on pan.

Bake 20-25 mins or until meatballs reach 160°F, are cooked through and center is no longer pink.

**COOK
TIME:
25 MINS**



OYSTER MUSHROOM TOAST WITH BLACK PEPPER RICOTTA & LEMON DRESSED MICROGREENS

WHAT YOU NEED

$\frac{2}{3}$ cup whole milk ricotta cheese
 1 Tbsp chopped fresh chives
 $\frac{1}{2}$ tsp fine sea salt
 $\frac{1}{2}$ tsp ground black pepper
 2½ Tbsps extra virgin olive oil
 1 small shallot, thinly sliced
 4 oz oyster mushrooms, finely chopped
 1 cup multi-colored small cherry tomatoes
 (about 20 tomatoes)
 $\frac{3}{4}$ cup microgreens
 2 tsps fresh lemon juice
 2 tsps peppery finishing olive oil such as Arbequina
 10 baguette slices, lightly toasted



WHAT YOU DO

Stir together the ricotta, chives, $\frac{1}{8}$ tsp fine sea salt, and $\frac{1}{4}$ tsp of the black pepper in a medium bowl. Cover and set in the refrigerator until ready to assemble the toasts.

Heat the 2½ Tbsps of olive oil in a large skillet over medium heat. Add the shallot and cook for 90 secs, stirring often. It will brown a bit in the oil as it softens. Add the mushrooms. Cook for 2 more mins, stirring often, until the mushrooms darken and shrink. Add the tomatoes, continue to cook stirring constantly, for about 3 mins, until the tomatoes begin to burst, and the mushrooms are tender. If you have some larger tomatoes mixed in, pricking them with a fork will help them to burst.

Remove from the heat and stir in $\frac{1}{4}$ tsp salt and the remaining $\frac{1}{4}$ tsp of black pepper.

Transfer the microgreens to a small bowl. Toss with the lemon juice, olive oil, and the remaining $\frac{1}{8}$ tsp of salt.





MAIN DISH



**COOK
TIME:
15 MINS**

SHIITAKE MUSHROOM & SMOKED TOFU STIR FRY

WHAT YOU NEED

- | | |
|---|--|
| 1 Tbsp low-sodium soy sauce | 1 large red bell pepper, chopped |
| ½ tsp orange zest | ½ cup shredded carrots |
| Juice from a medium orange (about ¼ cup) | 1 cup pea pods |
| ½ tsp honey | 7-8 oz smoked tofu, cubed |
| 2 Tbsps olive oil, or other cooking oil | 1 Tbsp black sesame seeds |
| 1 small onion, chopped | 1 cup brown rice, cooked according to package directions |
| 1½ cups broccoli florets | Fine sea salt or soy sauce to taste |
| 6 oz shiitake mushrooms, stems removed and sliced | |
| 2 garlic cloves, minced | |

WHAT YOU DO

Whisk together the soy sauce, orange zest, orange juice, and honey in a small dish. Set aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the onion and cook for 1 min, just until it begins to soften. Add the broccoli and cook for 2 mins, until it turns bright green.

Stir in the mushrooms and garlic and continue to cook for 1 more min. Add the bell pepper, carrots, and pea pods. Cook 1 more min. The vegetables should brighten, but still be crisp. Pour the orange dressing over the vegetables and stir to mix well. Gently toss in the tofu. Sprinkle with the sesame seeds. Divide the rice into 4 portions. Top each with an equal amount of vegetables and tofu. Add salt or soy sauce to taste, if desired.

MAIN DISH



EASY MUSHROOM SOUP

WHAT YOU NEED

- 3 Tbsps unsalted butter
- 2 garlic cloves, minced
- 1 shallot, finely chopped
- 4 oz crimini mushrooms, chopped
- 4 oz white button mushrooms, chopped
- 2 Tbsps all-purpose flour
- 3 cups chicken stock
- ¼ tsp fine sea salt, or to taste
- ¼ tsp ground black pepper, or to taste
- Optional garnish: Sliced sautéed mushrooms, Chopped parsley*

WHAT YOU DO

Melt 2 Tbsps of the butter in a large pot such as a Dutch oven over medium-high heat. Add the garlic and shallot, cook for 1 min, until they begin to soften. Add the mushrooms and cook for about 3 mins, until tender and browned. Transfer all the contents of the pot to a bowl.

Add the remaining 1 Tbsp of butter to the pot. Once melted, sprinkle in the flour and whisk it quickly into a paste. Reduce the heat to medium. Add the stock a little at a time, whisking out the clumps between each addition.

Increase the heat back to medium-high and allow the soup to simmer well for 3 mins. Add the mushrooms back to the pot and continue to cook for 2 more mins. The stock will thicken slightly to be somewhat creamy. Let cook for 3 to 4 mins, then ladle into bowls. Garnish with mushrooms and parsley, if desired.



**COOK
TIME:
15 MINS**



MIGHTY MUSHROOM LETTUCE WRAPPED BLENDED BURGER

WHAT YOU NEED

½ lb mushrooms, crimini or white button
 2 Tbsps olive oil, divided
 1 lb ground beef
 ½ tsp salt
 4 slices cheddar cheese
 1 tomato, thinly sliced
 ½ red onion, thinly sliced
 1 head iceberg, green leaf or butter lettuce,
 rinsed then dried

Optional toppings include: chopped pickles, mayonnaise, mustard, ketchup

WHAT YOU DO

Finely dice mushrooms or gently pulse in food processor. In skillet over medium-high heat, warm 1 Tbsp olive oil. Add mushrooms and cook for 5-7 mins, or until golden brown. Remove from heat and set aside to cool. Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Divide the meat mixture into 4 equal patties.

In the same pan over medium-high heat, add remaining Tbsp of olive oil and cook burger patties until the internal temperature reaches 160°F, about 5 mins per side. Place cheese slices on top of each patty and cook just until melted.

Remove patties from heat. To assemble, place tomato and onion slices on top of each patty. Top with condiments if desired. Use 2 or 3 lettuce leaves per patty and tightly wrap around each burger.

**COOK
TIME:
15 MINS**



**COOK
TIME:
20 MINS**

EGG & MUSHROOM SANDWICHES ON SOURDOUGH

WHAT YOU NEED

2 Tbsp unsalted butter
 ½ large yellow onion, sliced
 8 oz sliced white button mushrooms
 ¼ tsp fine sea salt
 Pinch ground black pepper
 8 slices sourdough, toasted
 4 large eggs, fried to your preferences
 ½ cup arugula leaves

WHAT YOU DO

Melt the butter in a large skillet over medium heat. Add the onion, cook until it softens and just begins to show signs of browning, about 5 mins. Add the mushrooms and cook until browned and tender, and most of the liquid has evaporated, about 7 mins. Stir in the salt and pepper.

For each sandwich, top the bottom slice of toasted bread with mushrooms and onions. Place an egg over the mushrooms. Add a few leaves of arugula and add the top slice of bread. Serve warm.



**COOK
TIME:
20 MINS**

POWER BREAKFAST BOWL

WHAT YOU NEED

Yogurt Topping

1 Tbsp extra-virgin olive oil
2 garlic cloves, minced
1 cup chopped kale
½ cup plain Greek yogurt
1 Tbsp tahini
1 tsp curry powder
½ tsp fine sea salt

Breakfast Bowls

2 Tbsps extra virgin olive oil
2 portabella mushroom caps,
cleaned and thinly sliced
¼ tsp fine sea salt
2 heads baby Bok choy, sliced
1 cup pearled barley, cooked
according to package directions
1 red bell pepper, julienned
4 large eggs, fried

WHAT YOU DO

To make the topping, heat the olive oil in a medium-skillet over medium-high heat. Add the garlic and cook 1 min. Add the kale and cook for 2 more mins, until wilted. Let cool to room temperature.

Spoon the yogurt into a small food processor or cup of a single serving blender. Add the tahini, curry powder, and salt. Add the kale and garlic. Pulse in 10 sec intervals until the kale is finely chopped and all ingredients are combined. Set aside.

Start on the breakfast bowls by heating the 2 Tbsps of olive oil in a medium-skillet over medium-high heat. Add the sliced mushrooms and toss to cook in the oil for 5 mins, until they become tender. Toss with the salt. Transfer the mushrooms to a bowl and add the Bok choy to the hot skillet. Cook on medium heat for 1 min, until it begins to wilt. Remove from heat.

Assemble the breakfast by adding an equal amount of barley to each of four bowls. Top with greens, sliced mushrooms, and red bell pepper. Add a large dollop of the topping and place an egg in each bowl. Serve right away.



SAUTÉED MUSHROOM & SUNDRIED TOMATO AVOCADO TOAST

WHAT YOU NEED

1 Tbsp olive oil
¼ cup chopped sundried tomatoes
8 oz sliced white button mushrooms
2 oz chicken stock or water
½ tsp fresh thyme leaves
¼ tsp fine sea salt, optional
2 avocados
4 slices toasted bread
Shaved Parmesan for garnish
Extra virgin olive oil for garnish

WHAT YOU DO

Heat the olive oil over medium heat in a medium skillet. Add the sundried tomatoes and cook for 1 min. Add the mushrooms and stir to coat with any remaining oil.

Carefully add the stock or water. Reduce the heat if necessary to reduce any rising steam. Stir well until the water evaporates and the mushrooms darken and become tender, about 4 mins. Add the thyme leaves. Add salt if desired, but this may not be necessary if you used a salted chicken stock for the liquid. Set aside to cool.

Halve, pit, and peel each avocado. Gently smash half an avocado over each slice of toast. Top with sundried tomatoes and mushrooms. Garnish with Parmesan cheese and drizzle with olive oil before serving.



**COOK
TIME:
5 MINS**