

FISH

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you know your trees, find an elm, oak, ash, or tulip poplar tree and start looking. North-facing hill sides are also a good place.”

“Remember, practice makes perfect,” Ashley added. “Never give up. You can go into a woods and find them right off. It takes time.

Always use a mesh bag with holes to hunt, example a potato sack or onion bag, that way the spores will fall from the bag as you walk and more will grow there. Cut or pinch the mushroom from the ground, leaving the root in the ground. Have fun.”



Grilled Pepper and Portabella Mushroom Sandwich

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| 1 large red bell pepper | ½ cup extra virgin olive oil | 4 whole wheat buns |
| 1 large tomato | Salt and pepper to taste | 4 1-ounce slices fresh mozzarella cheese |
| 1 small sweet onion | 4 portabella mushroom caps, ¾ inch thick | 4 tablespoons garlic hummus |
| 16 fresh basil leaves | | |

Preheat outdoor grill to medium heat; **spray** grill grid and grill skillet with non-stick cooking spray. **Cut** pepper in half; **remove** core and seeds. **Cut** lengthwise, in ½ to 1 inch strips. **Cut** tomatoes and onion into ½ inch slices. **Wash** basil and remove stems. **Whisk** salt and pepper with olive oil. **Brush** both sides of mushroom caps with seasoned oil. **Place** on grill grate and cook until tender. **Remove** and keep warm. **Brush** pepper strips and onion slices with seasoned oil; **put** in grill skillet and **place** on grill. **Cook** until tender. **Separate** the buns and lightly **brush** halves with seasoned oil; **place** halves, oil

side down, on grill grate; **grill** until warm with grill marks. On the bottom bun, **add** 1 slice mozzarella cheese. **Heat** until slightly melted. **Remove** from grill. On top of the cheese, **add** one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. **Spread** top half of bun with one tablespoon hummus and **add** to sandwich.

Yield: 4 sandwiches

Nutritional Analysis: 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.



Cauliflower Mushroom Poppers

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| 1 head cauliflower, chopped | ¼ cup Parmesan cheese | 1 teaspoon salt |
| 60 whole baby Portabella mushrooms | ¾ cup crushed bran flakes | ¼ teaspoon pepper |
| 1 cup nonfat plain yogurt | ½ cup chopped red bell pepper | ½ teaspoon garlic powder |
| ½ cup reduced fat shredded cheddar cheese | ½ cup chopped green bell pepper | Paprika |

Preheat oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in ½-inch of boiling water, cover with lid and cook for 5 minutes. **Drain.** **Place** cooked cauliflower in a bowl and **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Chop** stems for later use. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium

bowl. **Stir** in cauliflower and ½ cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake**, uncovered for 20 minutes.

Yield: 20 servings, 3 mushrooms per serving

Nutritional Analysis: 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.

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