

# VEGETABLE of the MONTH

## Cooking for Kids

### Easy Cheesy Stuffed Mushrooms

#### Ingredients:

- 20 cremini or button mushrooms
- 1 tablespoon olive oil
- 2 oz of shredded cheese
- salt and pepper
- 1 tablespoon dried herbs (parsley, rosemary or chives)

#### Directions:

- Pre-heat oven to 375
- Clean mushrooms and remove stems
- Toss mushrooms in olive oil then place upside down in a single layer on baking sheet
- Stuff with cheese and then sprinkle salt, pepper, and dried herbs on top.
- Place in oven and bake until cheese is melted, and mushrooms have softened (10-15 minutes).

Recipe by Jenna Lewis, MS, RDN

## Books

### Grades K-2

Theodore and the Talking Mushroom by Leo Lionni

Mushroom in the Rain by Mirra Ginsburg

### Grades 2-5

The Mushroom Fan Club by Elise Gravel

November

# The Edible Fungi Mushroom



## Just the Facts

→Mushrooms grow best in moist places in the wild, and some types can only be found in the wild!

→ Mushrooms are not a vegetable, but part of the fungi family. They do not have roots, seeds, leaves, or flowers.

→There's a name for people who study mushrooms – a mycologist

→Some wild mushrooms are poisonous!

There are more than 10,000 types of mushrooms in North America. Common varieties include white button, cremini, portabella and shiitake.

→The Pine Mushroom, scientific name *Tricholoma magnivelare*, is the proposed Washington State Mushroom

→Nutrients in mushrooms vary by type but most contain fiber, potassium, and B vitamins!



## Did You Know?

This month you can enjoy mushrooms at school! Look for mushrooms on the salad bar and the menu!



Created by: The EPS Food & Nutrition Department

# Activity: Mushrooms

Color and learn about how mushrooms grow!

