

Subject: January Newsletter- Mushrooms

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In January (and year-round), you can find mushrooms in the grocery store. Mushrooms are a good source of B vitamins which help the body produce energy. You can buy them in bulk and store them in a dry container in the refrigerator. They should last a few days if when you purchase them, they are dry, firm and don't have dark spots.

How to prepare mushrooms:

- Mushrooms can be sliced and added raw to salads
- Sautéed with olive oil or vegetable oil and your favorite seasoning, dressing or marinade.
- Roasted and stuffed with your favorite fillings

Check out these recipe links that highlight mushrooms:

<https://snapedny.org/recipes/mushroom-stroganoff/>

<https://www.mainesnap-ed.org/recipes/mushroom-bulgur-pilaf/>

<https://snapedny.org/recipes/herb-stuffed-mushrooms/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!