

# NEWS

## OF NUTRITION

### Perfectly Wonderful Mushrooms

(NAPSA)—White, button mushrooms are nutrition stars for what they contain—important B vitamins, trace minerals, a fair amount of potassium—and what they do not. They are virtually fat free, sodium free and very low in calories.

Keep mushrooms refrigerated in a paper bag or in the original container covered with just a paper towel. Wipe them with a damp paper towel or quickly rinse in cool water just before using them.



**Perfectly Sautéed Mushrooms contain a number of essential nutrients and have a delicious mild flavor.**

Cooking mushrooms intensifies their mild, woody flavor. The right pan size and cooking temperature are the keys to classic sautéed mushrooms.

#### Perfectly Sautéed Mushrooms

**1. For eight ounces (3 cups sliced) use a heavy 10- to 12-inch skillet. A smaller pan will crowd the mushrooms causing them to steam.**

**2. Heat 1-tablespoon oil or butter over medium heat until hot enough to gently sizzle a mushroom slice.**

**3. Add the mushrooms and increase the heat to medium-high. Stir occasionally until the mushrooms are tender, liquid evaporates and they begin to brown, about 6 minutes. Sprinkle with a pinch of salt and fresh ground black pepper.**

For more information, visit [www.mushroomcouncil.com](http://www.mushroomcouncil.com); [www.5aday.com](http://www.5aday.com), and [www.aboutproduce.com](http://www.aboutproduce.com).