

YOUR GUIDE TO

Summer Grilling

WITH MUSHROOMS



MAKE ROOM FOR THE

Mighty Mushroom

Proud grillers are all-too-eager to sear up a juicy steak or roast a cob of corn, but give them a Portabella cap and they have no clue what to do with it.

You just stick the mushroom on the grates and cook it like meat, right?

Though you can, we have some pro tips we want to share with you instead!

While mushrooms are an incredible ingredient for summer grilling, few people are ever taught *how* to properly grill them. Others only ever considered mushrooms as a topping for their burger or steak, when really they can be used for so much more!

In this ebook, we'll share a few different ways to grill fresh fungi— straight from the fungi experts. Warm those grates with confidence, with these mushroom grilling tips and recipes from the team at Monterey.

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CHAPTER 1:

Let's Get Fired Up

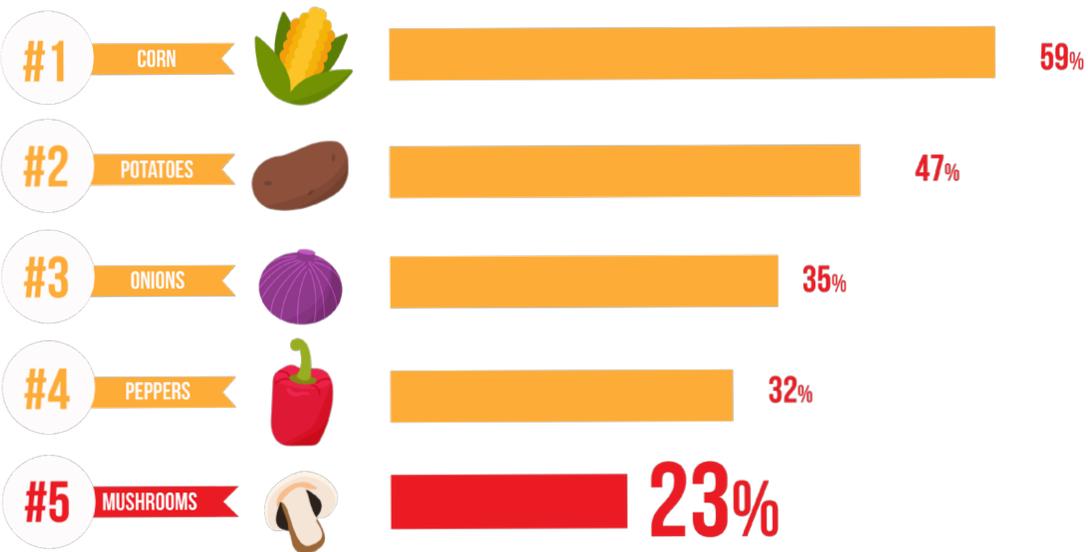
My oh, my! The magnificent mushroom has made quite a name for itself as a hot choice to grill— landing not too far behind other grate staples like peppers, onions, potatoes and corn.

Yet for such a popular summer picnic choice, you'd be surprised by how many people only stick mushrooms in tin foil for steak topping and then call it a day!

Few realize there's a whole world of creative combinations for grilled mushrooms, and we're here to showcase quite a few of them!

MUSHROOMS AT #5

TOP 5 GRILLING VEGGIES



Source: Category Partners, LLC Press Release Idaho Falls, ID. May 22, 2018.

5 WAYS TO 'SHROOM THIS SUMMER



GRILLED PORTABELLAS



GRILLED KEBABS



BLENDED BURGERS



SALAD TOPPINGS



**MUSHROOM-INFUSED
COCKTAILS & BEER**

But before we begin, let's cover a few basics for grilling mushrooms...

CHAPTER 2:

Grilling Basics

Step 1: Clean and Start Your Grill.

Head on over to your grill. Be sure it's clean by brushing down the grates.

Depending on what type of grill you're using, light it up or stack the briquettes. **If you're using a gas grill, go ahead and turn it on high. If you're using a charcoal grill, follow the steps below:**

- 1** Stack briquettes in a chimney grill starter over wads of newspaper. You'll need enough briquettes to evenly cover the bottom of the grill.
- 2** Light briquettes from the bottom and watch them burst into flames.
- 3** Wait 10 minutes, and then check. Once your briquettes start to turn grey, dump them into the bottom half of the grill.
- 4** Once all coals are grey, you're ready to start barbecuing.

For those using a pellet grill, set the grill temperature to 400°F and let it preheat for 15 minutes.

Step 2: Gather Your Tools.

Every successful barbecuing mission must begin with an organized and equipped workspace. Prepare all your tools, such as tongs, your hot pad, a meat thermometer, and any of the items listed:

- LIGHTER
- KNIFE
- LONG TONGS
- HOT PAD MITT
- CUTTING BOARD
- MEAT THERMOMETER
- GRILL BRUSH CLEANING TOOL
- FINISHED PRODUCT DISH
- SKEWERS: WOODEN OR METAL
- COOKIE SHEET TO CARRY PREPPED KEBABS



Step 3: Know Where to Place Your Food, for How Long, and at What Temperature.

After firing up the grill and grabbing your supplies, you'll be ready to cook your mushrooms. As you're heating up the grates, it's important to be mindful of where you'll place them.

DIRECT HEAT

Direct grilling is a barbecue cooking technique in which the **food is placed and cooked directly over the fire**. It's often only used for short periods of time to achieve grill marks.

Placing your mushrooms directly under the source of the fire can help reduce grill time. It's also the best way to get those classic grill marks and show off your char-mastery to dinner guests. Grill marks form fast on **medium to high heat**— usually within **2-3 minutes**— so once they appear, move your mushrooms to indirect heat.

INDIRECT HEAT

Indirect grilling is a barbecue cooking technique in which the **food is placed to the side of the heat source** instead of directly over the flame

Placing your mushrooms 4-6 inches from the heat source is often the preferred method for finishing off your fungi after first cooking under direct heat. Keep your mushrooms next to the fire for **4-6 minutes on each side**.

You may need to brush or drizzle with oil in between flips to keep them moist. It's important to avoid flipping or fidgeting your mushrooms too much, to avoid losing precious juices that retain flavor.



Step 4: Properly Prepare your Mushrooms for the Grill.

Grab your ingredients out of the fridge and let's get prepping.

Rinse off your produce or meat in a colander and let it drip dry. For foods like potatoes or carrots, they may need a scrub with a brush to remove excess dirt or grime.

BEFORE YOU WASH YOUR MUSHROOMS!

Mushrooms require a different kind of prep than the traditional kebab favorites you may be accustomed to grill. You never want to rinse mushrooms directly underwater, as they're made up of 95% water. Their porous texture will absorb the moisture and ruin your fungus' texture!

In many instances, your mushrooms may only need a gentle brushing to remove any excess dirt or debris. Use your freshly washed hands or a **kitchen brush**, damp paper towel, or lint-free cloth to lightly brush your whole mushrooms instead of turning on the faucet.

CHOPPING MUSHROOMS FOR THE GRILL

We recommend **chopping and cooking your mushrooms based on their size.**

You can leave Portabella caps whole.

Smaller mushrooms can be chopped and placed on skewers, wrapped in tin foil, or placed on a grill pan to stop them from falling between the grates.

For skewers:

If the mushroom cap is 1.5" or smaller, leave whole.

If larger than 1.5", cut in half

If larger than 2.5", cut into quarters

Portabella caps can also be sliced 1" thick if preferred

Foil packets of mushrooms may take anywhere from 20-25 minutes, flipping halfway through.

WANT MORE MUSHROOM CLEANING & PREP TIPS?

Check out our **mushroom preparation tips** for a complete guide on proper cleaning. It also includes tips for checking the freshness of your mushrooms before hitting the grill (which is especially important if they've been sitting in the fridge for a while!). No shriveled mushrooms allowed!

MARINATING MUSHROOMS FOR THE GRILL

Mushrooms can taste even better if marinated before grilling.

Allow your mushrooms to soak for at least 20 minutes at room temperature. Your mushrooms should retain the moisture from the marinade and may not require oil when on the grill.

Keep in mind that sweet marinades and glazes are more likely to burn, so sometimes it's best to wait until your mushrooms only have a few minutes left on the grill to baste instead of marinating them beforehand. We'll include a few tasty marinades for mushrooms in the pages to come!

NOT MARINATING? USE BUTTER OR OIL

If you aren't planning on marinating your mushrooms, you'll need to prepare them with some moisture before hitting the hot grill, else they'll dry out and lose their tasty flavor and texture.

Keep your fungi from shriveling or burning on the grill by coating them with oil or melted butter. And keep the butter or oil handy during grilling too, as they might need another coat post-flip!

BASTING YOUR MUSHROOMS

With a basting brush, coat your larger mushrooms with olive oil before adding your favorite seasonings. For smaller chopped mushrooms, place them over a sheet of tin foil and drizzle your butter or oil overtop.

CHAPTER 3:

Grilling Portabellas

Ah, the Portabella. This big, bold beauty is no doubt the King of the Grilled Mushrooms. Unlike smaller button mushrooms, the Portabella's wide, expansive cap spreads across the grates—and its gills soak up marinades like no other fungi, helping it to absorb flavor and retain moisture despite a little heat.

Best of all, these tender mushrooms are a plant-forward favorite, often eaten in lieu of a meat patty as a “hamburger” or sliced into thick vegan “steaks” on picnic plates.

Here at Monterey, we're obsessed with Ports for summer grilling, and we want to make a believer out of you too!

Step 1: Decide Whether to Baste or Marinate.

Portabella mushrooms have a robust flavor profile all on their own, however, their natural flavor can be enhanced 10-fold with a little seasoning— and equally little effort.

You could simply baste your caps with a coating of extra virgin olive oil and grill them just like that, or, you could kick things up a notch by whipping up an easy (yet super tasty) marinade.

Here's our go-to portabella cap marinade at Monterey:

MONTE'S MUSHROOM MARINADE

Ingredients

3 tablespoons extra virgin olive oil
3 tablespoons balsamic vinegar
3 tablespoons soy sauce
2 tablespoons Worcestershire sauce
1 tablespoons Italian seasoning

Instructions

Close the ingredients in a plastic Ziploc bag and shake to mix well. Let it marinate for 10 minutes, shake it again, and flip the bag, letting the other side marinate for another 10 minutes.
Remove the caps from the bag and place them on a clean plate to prepare for grilling.

Step 2: Prepare and Preheat the Grill.

While your mushrooms are marinating, prepare your grill. Light up the grill or stack the briquettes and brush down your grates to ensure they're nice and clean.

If you're using a gas grill, go ahead and turn it on high. If you have temperature controls, 375°F is the perfect heat.

If you're using a charcoal grill, follow the steps below:

- 1** Stack briquettes in a chimney grill starter over wads of newspaper. You'll need enough briquettes to evenly cover the bottom of the grill.
- 2** Light briquettes from the bottom and watch those babies burst into flames.
- 3** Wait 10 minutes, and then check. Once your briquettes start to turn grey, dump them into the bottom half of the grill.
- 4** Once all coals are grey, you're ready to start grilling.

While your grill is preheating, gather your grilling supplies. You'll want to grab some long tongs with padding around the handle or an oven mitt to avoid getting burned. We also recommend grabbing a clean plate to place your caps on once cooked. Flip back to see our recommended grilling tools to make sure you didn't miss anything!

Step 3: Get Grillin’!

Great. Now it’s the moment you’ve been waiting for— getting those mushrooms nice and juicy.

Place your portabella caps on your grill over direct heat* with the cap-side down so the mushroom gills are looking up at you. Immediately cover the grill with a grill-safe lid. Set a timer for five minutes and stay nearby.

The secret to avoiding burning your mushrooms is to remain close to the grill while cooking.

After five minutes, check your caps. Use your long tongs to flip your mushrooms, being careful not to burn yourself. If lightly browned on the bottom, the caps are ready to grill gill-side down. Cook the opposite side for another five minutes, checking for those beautiful grill lines.

You may need to continue to check on your caps in two-minute increments if you think they could use a little longer on the grates, flipping until you achieve your desired char. And there you have it: perfectly grilled Portabellas!

Direct grilling is a barbecue cooking technique in which the food is placed and cooked directly over the fire. When your mushrooms are only grilled over direct heat for short periods of time, it’s the perfect way to achieve those charred grill marks we all know and love. But be careful, if the caps sit too long over direct heat, they’ll burn and lose the delicious juices that make them so tender! **Learn more about direct heat vs. indirect heat when grilling mushrooms here or flip back to the **Grilling Basics** section of this ebook.*



Grilled Portabella Recipes



PORTABELLA STEAK

This portabella steak is the perfect vegan substitute for steak or just a tasty recipe for portabella mushrooms. So juicy and delicious; the shape and size of meaty portabellas make them just right for the grill. Serve as a main course or a satisfying side to any meal.

PORTABELLA STEAK

Ingredients

4 Monterey® Grill-A-Bella® Caps, whole or 1" slices
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons soy sauce
1 tablespoon Worcestershire sauce
1 tablespoon Italian seasoning

Instructions

1. Preheat grill (or oven) to 375° F.
2. Mix together all ingredients and marinate for 20 minutes.
3. Grill (or bake) for 15 minutes or until cap is tender.

PORTABELLA MUSHROOM CAP “MINI” PIZZAS

We all get cravings for pizza, but no one wants the added calories or carbs. What if you could enjoy a melty, warm “pizza” without the fattening dough? You can, with some mouthwatering Portabella mushroom caps.

These Port caps are lathered in rich EVOO and flavorful Italian seasoning before they’re grilled to perfection. The mushroom base helps to imitate the rich umami taste of meat-heavy pizzas, without the meat. In fact, it’s this mushroom base that makes these caps a vegetarian favorite— smothered in creamy Mozzarella

cheese good enough to eat alone— and able to be customized with any toppings imaginable. It makes these mini pizzas a crowd-pleaser; meat lovers can top their own caps with all the pepperoni, sausage, or bacon that their heart desires, while those with dietary restrictions can make their own preferred creation.

This is a fun recipe to whip up with the kids or to layout as a smashing “build-your-own-mini-pizzas” spread at your next big party. Be as creative or simple as you want with this easy Portabella pizza recipe!

PORTABELLA PIZZA CAPS

Ingredients

4 Monterey® Portabella mushroom caps*
2 teaspoons extra virgin olive oil
1 cup pizza sauce
1 tablespoon Italian seasoning
2 cups shredded mozzarella cheese
Pizza toppings of your choice

Topping suggestions: onions, spinach, olives, bell peppers, pineapple, pepperoni, sausage, bacon, artichoke hearts, or extra cheese. Really, add anything you'd like!

Instructions

1. Preheat grill (or oven) to 375° F.
2. Prepare your favorite pizza toppings by slicing them as thickly or finely as you prefer.
3. Clean Portabella mushroom and remove stems with our [tips for preparing mushrooms here](#).
4. Lightly brush Portabella caps and gills with olive oil and sprinkle with Italian seasoning.
5. Gently spread ¼ cup of pizza sauce in each cap and sprinkle each with about a ½ cup mozzarella cheese. Add toppings of your choice.
6. Grill (or bake) for 15 minutes or until the cap is tender. **If grilling, check out these grilling tips**, straight from our fungi experts!

*Our Monterey® Portabella mushroom caps are also available nationwide in **High Vitamin D varieties**, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.**

CHAPTER 4:

Grilling Kebabs with Mushrooms

When you open your fridge on a hot summer day and see a hodge-podge of ingredients, what should you do? Why, think *grilled kebabs*, of course!

Kebabs are a great way to utilize those extra veggies and small pieces of meat: reinventing a colorful appetizer or healthy main dish.

Spring and summer are also packed with opportunities for sunny grill-outs—and kebabs are a **must-have at any outdoor picnic** or get-together.

As mushroom experts, we wanted to share some tips for **grilling kebabs with mushrooms** specifically, but we've also included grilling advice for almost any ingredient you can dream of kebabin'!

Here are five easy steps for cooking kebabs with mushrooms:

Step 1: Cut and Wash Your Ingredients.

Grab your ingredients out of the fridge and get prepping. To make kebabs, you'll need bite-sized pieces, so we'll start off with some chopping. Rinse off your produce or meat in a colander and let it drip dry.

If the veggie is larger than 1.5", cut into 1x1 inch cubes. For meat, slice into 1.5 x 1.5-inch squares. If the mushroom cap is 1.5" or smaller, leave it whole. If larger than 1.5", cut the shroom in half. If it's larger than 2.5", cut into quarters. If grilling the mighty Portabella cap, slice 1" thick to kebab or cook and serve the whole cap as a side dish.

Step 2: Decide Whether to Marinate, Season, or Baste.

Kebabs can taste even better if marinated in a flavorful bath before grilling.

Should you choose to whip up a marinade, be sure to give the ingredients adequate time to soak before hitting the grates. For vegetables and mushrooms, marinate for 20 minutes at room temperature. Meat or poultry should have at least an hour soak in the fridge—overnight for a more robust flavor. Seafood like fish and shrimp are also best to refrigerate while marinating, but only up to an hour.

If you prefer to season or baste your kebabs, skip to Step 4 *before* dressing your veggies or meat. It's much easier to lather them in oil or herbs when they're on the skewers rather than struggling with sticky or slippery fingers.



Step 3: Prepare and Preheat the Grill.

Depending on what type of grill you're using, now is a good time to light it up or to stack the briquettes. First, be sure your grill is clean by brushing down the grates.

If you're using a gas grill, go ahead and turn it on high. Kebabs are often grilled over **medium (350-450 degrees)** over direct heat, depending on the specific ingredients and recommendations of the recipe. Once ready to move to indirect heat, that temperature will slightly drop for an even cook-through.

If you're using a charcoal grill, follow the steps below:

- 1** Stack briquettes in a chimney grill starter over wads of newspaper. You'll need enough briquettes to evenly cover the bottom of the grill.
- 2** Light briquettes from the bottom and watch them burst into flames.
- 3** Wait 10 minutes, and then check. Once your briquettes start to turn grey, dump them into the bottom half of the grill.
- 4** Once all coals are grey, you're ready to start barbecuing.

Step 4: String Your Skewers.

After your ingredients have marinated (or before seasoning them), string the chopped squares onto your skewers. If using wooden skewers, be sure to soak them in a water bath for 20 minutes prior to skewering to prevent them from catching fire while barbecuing!

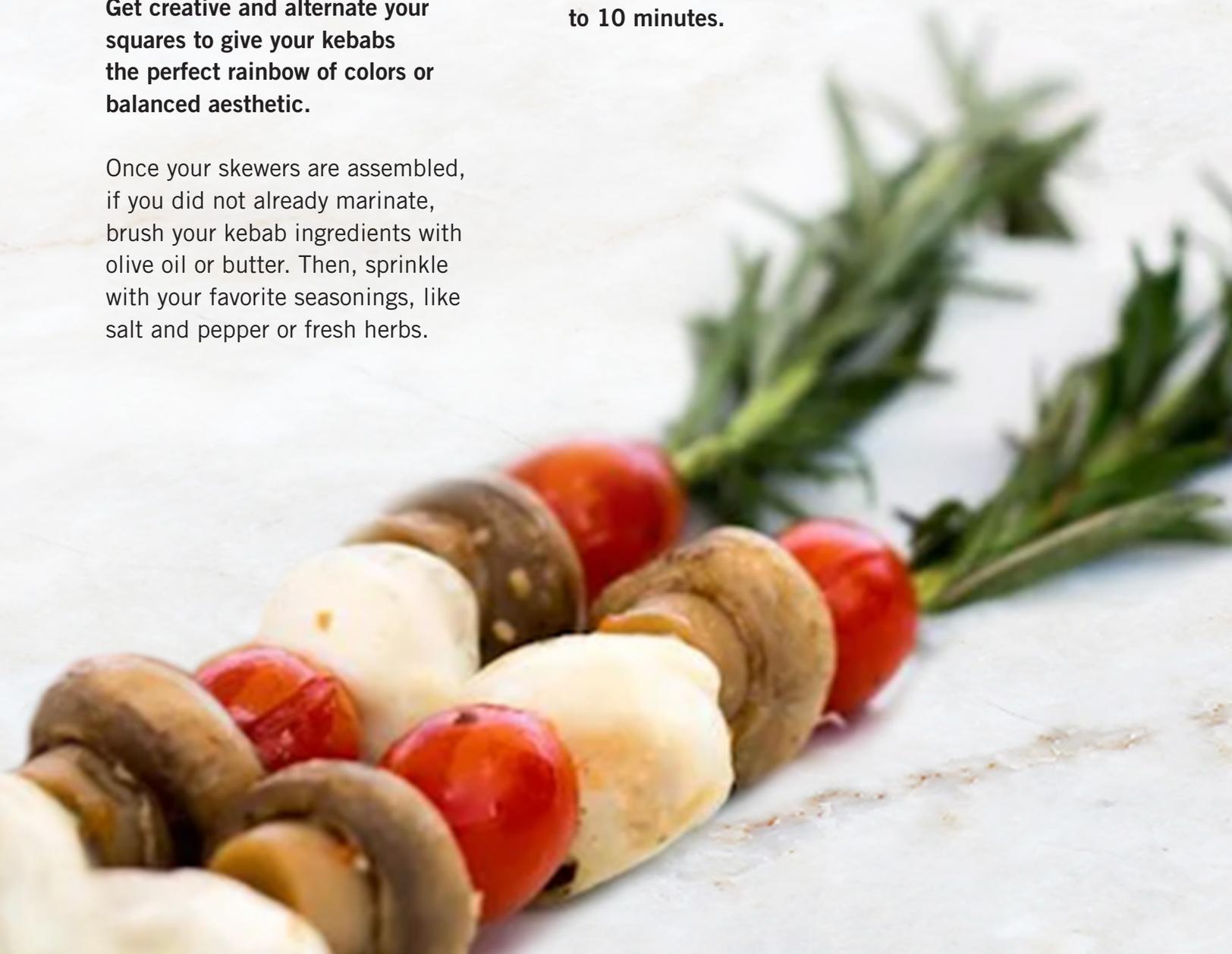
Get creative and alternate your squares to give your kebabs the perfect rainbow of colors or balanced aesthetic.

Once your skewers are assembled, if you did not already marinate, brush your kebab ingredients with olive oil or butter. Then, sprinkle with your favorite seasonings, like salt and pepper or fresh herbs.

Step 5: Get Grillin'!

The amount of time your kebabs should be placed over direct heat and then moved for indirect heat will vary depending on the ingredients used. Meats will often require longer to cook, in addition to cruciferous vegetables.

It's important to reference your specific recipe for guidance, but **most kebabs cook for 5 to 10 minutes.**



Kebab Recipes

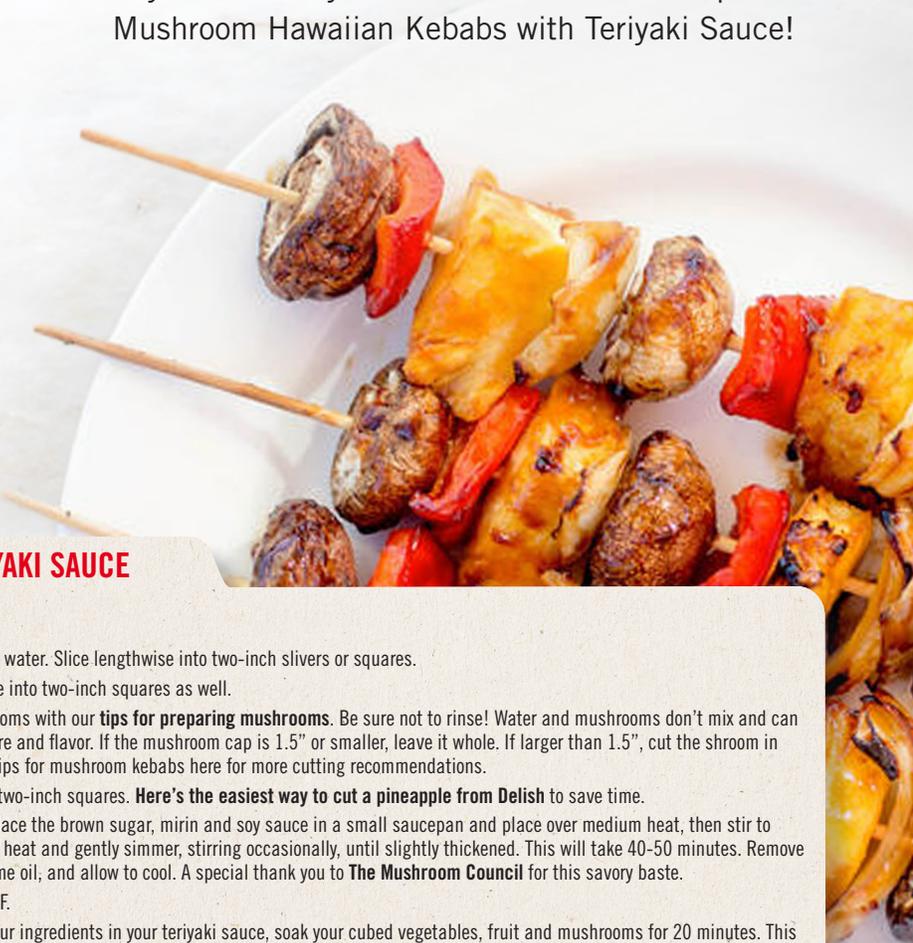
#1. MUSHROOM HAWAIIAN KEBABS WITH TERIYAKI SAUCE

If you love Hawaiian burgers topped with juicy, grilled pineapple or just about anything smothered in teriyaki sauce, we've got a new way for you to enjoy both tropical and Japanese-inspired favorites. Kebabs!

We're taking the classic ingredients in an ordinary Hawaiian dish— bright pineapple, vitamin-rich red bell pepper and sweet onion— and sizzling them on some hot grates. We toss robust Baby Bella mushrooms into the mix for their tender mouthfeel and their “meaty” umami flavor! (Though, this recipe pairs amazingly well with BBQed chicken or Italian sausage for those who want a pop of protein).

The secret ingredient in this Hawaiian kebab recipe is its lip-smacking, homemade teriyaki sauce. Your marinated or basted bites infuse with its sweet and savory flavor on the hot grill— making one mean, smokey glaze.

Say “Aloha” to your new favorite kebab recipe: our Mushroom Hawaiian Kebabs with Teriyaki Sauce!



MUSHROOM HAWAIIAN KEBABS WITH TERIYAKI SAUCE

Ingredients

- 1 lb. Monterey® Baby Bella mushrooms*
- 1 large red bell pepper
- 1 medium sweet yellow onion
- 1 small fresh pineapple**
- (6-8) 12" wooden or metal skewers

Teriyaki Sauce for Baste

- 1 cup light brown sugar, packed down firmly in the measuring cup
- 1 cup mirin (or substitute with 1 cup of white wine or dry sherry)
- 1 cup soy sauce
- 1 tablespoon sesame oil

Addition suggestions: *Hawaiian recipes pair excellently with teriyaki chicken or Italian sausage. Consider grilling some savory meat on the side to keep these kebabs vegetarian-friendly, while still giving meat-lovers a robust side.*

Instructions

1. Rinse your red peppers in cool water. Slice lengthwise into two-inch slivers or squares.
2. Peel casing off onion and slice into two-inch squares as well.
3. Clean your Baby Bella mushrooms with our **tips for preparing mushrooms**. Be sure not to rinse! Water and mushrooms don't mix and can compromise their unique texture and flavor. If the mushroom cap is 1.5" or smaller, leave it whole. If larger than 1.5", cut the shroom in half. Check out these grilling tips for mushroom kebabs here for more cutting recommendations.
4. Cut your fresh pineapple into two-inch squares. **Here's the easiest way to cut a pineapple from Delish** to save time.
5. Prepare your teriyaki sauce. Place the brown sugar, mirin and soy sauce in a small saucepan and place over medium heat, then stir to dissolve the sugar. Reduce the heat and gently simmer, stirring occasionally, until slightly thickened. This will take 40-50 minutes. Remove from the heat, stir in the sesame oil, and allow to cool. A special thank you to **The Mushroom Council** for this savory baste.
6. Preheat grill (or oven) to 400° F.
7. Should you like to marinate your ingredients in your teriyaki sauce, soak your cubed vegetables, fruit and mushrooms for 20 minutes. This can enhance the flavor of your kebabs and add important moisture to your ingredients to avoid drying out on the grill.
8. If you're short on time, simply skewer your ingredients and brush the sauce on your kebabs. Remember, if using wooden skewers, be sure to soak in a water bath for 20 minutes prior to grilling to prevent them from catching fire while barbecuing! Check out our helpful "How to String Kebabs" video below this recipe for assembly tips.
9. Place kebabs on the grill and cook for two minutes over indirect heat, or until grill marks are established on your pepper, mushrooms, pineapple and onions. Be sure to **check out these grilling tips** to understand the difference between direct and indirect heat on the grates.
10. After two minutes on one side, flip and baste with your teriyaki sauce again. Cook an additional 5 minutes in indirect heat (direct heat will burn the sugars in the sauce).
11. Flip and baste again and cook an additional 7 minutes, or however long you need to achieve the perfect grill lines or char.
12. Serve hot and pair with your BBQ or **picnic favorites!**

*Our Monterey® Baby Bella mushrooms are also available nationwide in sliced **High Vitamin D** varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.**

**You'll likely have about half a pineapple left after this recipe. Grill up some rings to top on burgers or to serve as a bright side. If having a picnic, save them as garnishes for drinks!

#2. RAINBOW VEGETABLE KEBABS WITH ITALIAN MARINADE

Who couldn't use more rainbows in their life? Besides looking fun on the grill, our vibrant vegetable kebabs pack a real health punch. After all, different colored veggies contain unique nutrients—and sometimes mixing the color palette on your dinner plate is a quick way to diversify the vitamins and minerals you consume.

This bright side dish includes red, orange, and yellow pepper, purple potatoes, and more to draw the eye of your dinner guests. White mushrooms contain the slices of paradise and break up the crunch of veggies. Plus, we spiced up the traditional vegetables with a rich Italian marinade, helping to keep your kebabs from drying out on the grates and giving them a rounded flavor.

RAINBOW VEGETABLE KEBABS WITH ITALIAN MARINADE

Ingredients

16 oz. pack of Monterey® Medium White Mushrooms
 1 red bell pepper
 1 green bell pepper
 1 orange bell pepper
 1 yellow bell pepper
 1 small yellow squash
 1 small zucchini
 1 red onion
 10 oz pack of grape or cherry tomatoes
 8 baby purple potatoes, pre-cooked

Yield – 8 kebabs

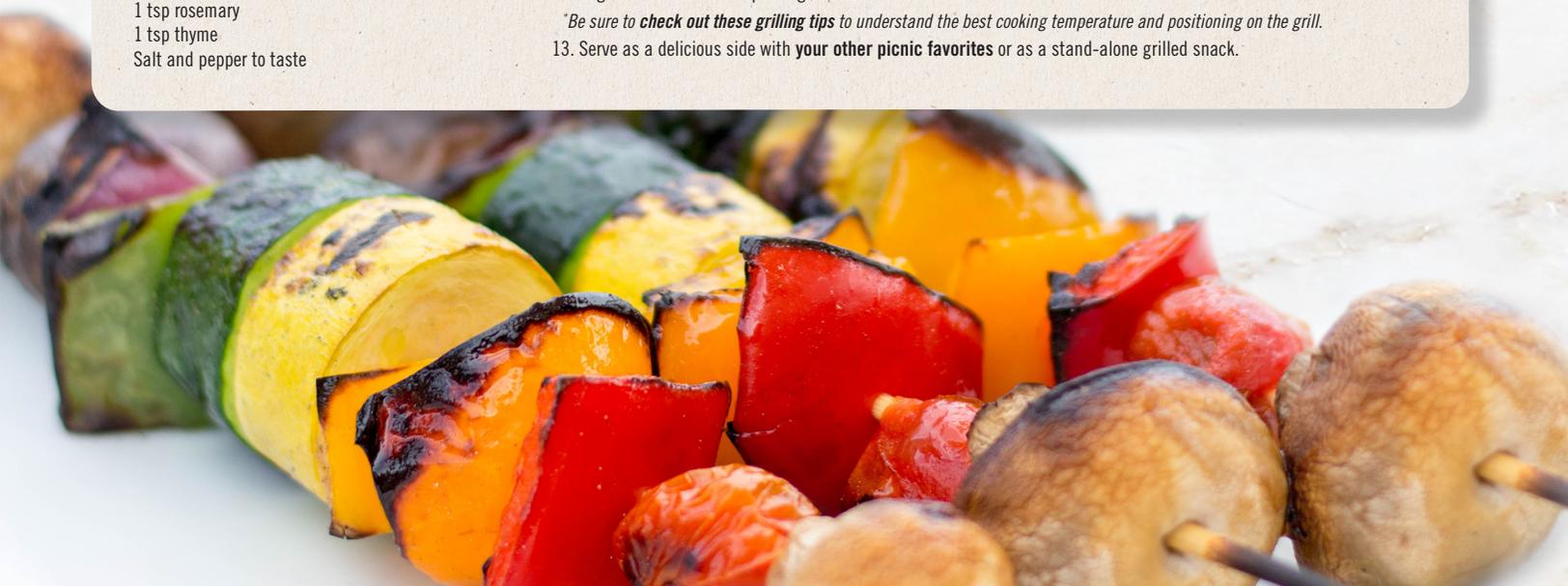
From small family gatherings to big summer cookouts, make as many or as few skewers as you prefer by doubling or tripling the recipe.

Italian Vegetable Kebab Marinade

⅓ cup of extra virgin olive oil
 ¼ cup of lemon juice
 1 cup of Italian dressing
 2 garlic cloves, minced
 1 tsp basil
 1 tsp rosemary
 1 tsp thyme
 Salt and pepper to taste

Instructions

1. Bring a pot of water to a boil with a dash of salt. Place whole purple potatoes in and set a timer for 20 minutes.
2. Rinse your bell peppers, squash, zucchini, and tomatoes in cool water.
3. Slice bell peppers and cut them into two-inch pieces. Slice squash and zucchini into flat circles. Leave your grape tomatoes whole.
4. Peel and dice the onion into two-inch pieces.
5. Clean your mushrooms with our [tips for preparing mushrooms here](#), careful NOT to rinse. Make sure you leave your mushrooms whole so they skewer easily.
6. Check on boiling potatoes by sticking them with a fork. If tender, remove from the burner and drain in a colander. Set aside to cool.
7. Prepare your Italian vegetable marinade by mixing all the ingredients listed above.
8. Should you prefer to soak your ingredients in your Italian marinade, let your vegetables sit for 20 minutes in a bowl or Ziploc bag*. This can enhance the flavor of your kebabs and add important moisture to your ingredients to avoid drying out on the grill. However, if you're pinched for time, you could simply baste your veggies with the mixture after it's placed on your skewers.
**If you let them marinate, save the remaining marinade for basting on the grates.*
9. Preheat the grill to 375° F.
10. String your ingredients on your metal skewers*, arranging them by color mimicking the pattern of a rainbow. Use the picture for reference!
**If using wooden skewers, be sure to soak the sticks in water for about 20 minutes before adding your ingredients to the stick. This will prevent the wood from catching fire while you're barbecuing.*
11. Bring a bowl of your remaining marinade to the grill with your baster to reapply between flips on the grill.
12. Place kebabs on the grill over direct heat. After 2 minutes or once grill marks are established, move to indirect heat and grill for 3 minutes. Flip and grill an additional 5 minutes.*
Be sure to **check out these grilling tips to understand the best cooking temperature and positioning on the grill.*
13. Serve as a delicious side with **your other picnic favorites** or as a stand-alone grilled snack.



#3. CHICKEN CAESAR KEBABS WITH GRILLED ROMAINE

All you need for these yummy chicken Caesar salad kebabs are some veggies, mushrooms, and roasted chicken breast. Of course, you'll need to make a marinade, but we kept it simple. Whereas a traditional Caesar dressing contains Parmesan cheese, lemon juice, olive oil, egg, Worcestershire sauce, garlic, and black pepper, we know that can be a lot to mix. That's why we simplified

our Caesar marinade, so you can buy a premade dressing and just grab some extra ingredients. These grilled chicken and mushroom kebabs make an excellent side, and the warmed romaine hearts pair perfectly for a healthier salad pairing. Heck, you could even bring a huge tub of romaine to your cookout and slide your grilled kebab fixings off the skewers to eat just on top of a salad. The choice is yours! Either way, this is one creative chicken salad your picnic guests are sure not to forget!



CHICKEN CAESAR KEBABS WITH GRILLED ROMAINE

Ingredients

16 oz. pack of Monterey® Sliced White Mushroom* pack, cubed
 1 lb of chicken breast
 1 red onion
 1 pack of grape tomatoes
 1 two or three-pack of romaine hearts
 Croutons, optional for salad (omit for gluten-free)
 8 baby purple potatoes, pre-cooked

*Our Monterey® Sliced White mushrooms are also available nationwide in **High Vitamin D** varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.**

Yield – 4-6 kebabs

From small family gatherings to big summer cookouts, make as many or as few skewers as you prefer by doubling or tripling the recipe.

Monte's Caesar Marinade

Make a drool-worthy chicken Caesar marinade with only a few ingredients.

Yield – Makes enough to coat 1 pound of chicken breast with leftover marinade for vegetable baste

6 tbsp extra virgin olive oil
 6 tbsp Dijon mustard
 4 garlic cloves, minced
 1 cup Caesar dressing (not creamy!)
 ½ cup Parmesan cheese, shredded

Instructions

1. At least 12-24 hours prior to grilling, prepare your marinade by mixing all the ingredients listed above.
2. Remove your chicken from the fridge and rinse. Place in a large bowl and coat in your marinade. Feel free to add any other seasonings you'd like for flavor. Use your hands to rub the marinade into the meat and coat it fully. Refrigerate covered overnight.*
**If you'd rather skip some prep, you can coat and let your chicken marinate for a minimum of 1 hour before grilling.*
3. Clean your White mushrooms with our **tips for preparing mushrooms here**, careful NOT to rinse. If you didn't purchase pre-sliced mushrooms, you may need to cut them. If the mushroom cap is 1.5" or smaller, leave whole. If larger than 1.5", cut in half. If larger than 2.5", cut into quarters.
4. Rinse romaine hearts and cut in half, straight down the middle. Rinse your cherry tomatoes, leaving whole.
5. Peel and cut the red onion into 1-inch thick squares or strips.
6. Preheat the grill to medium.
7. Remove Caesar-marinated chicken from the fridge. You should have enough leftover marinade in the bowl to baste your veggies. For now, set the marinade aside and cut the chicken into 2-inch cubes.
8. Pierce your onions, tomatoes, mushrooms, and chicken cuts onto your metal skewers*, alternating as preferred.
**If using wooden skewers, be sure to soak the sticks in water for about 20 minutes before adding your ingredients to the stick. This will prevent the wood from catching fire while you're barbecuing.*
9. With a silicone baster, coat all your skewered ingredients (all the way around) in your Caesar marinade. Bring plate with kebabs and romaine hearts out to the grill as well as any leftover marinade as well as your handy dandy baster.
10. Place kebabs on the grill and alternate from direct to indirect heat to get desired grill marks and doneness*, usually five to seven minutes on each side. Between sides, flip and baste.
**Be sure to check out these grilling tips to understand the best cooking temperature and positioning on the grill.*
11. Lightly brush your halved romaine hearts with olive oil and cook on the grill at the same time, face down, over direct heat, until grill marks form and the leaves are slightly charred, 1 to 3 minutes. Sprinkle with salt and pepper.
12. When the grilled chicken kebabs have your desired darkness/char, remove from the grill and sprinkle with a bit of Parmesan cheese and a drizzle of Caesar dressing.
13. Serve with **your other picnic favorites!**



#4 LEMONY SALMON MUSHROOM KEBABS

When you think kebab, you likely think “grill,” “summer,” “sunshine”— those beautiful, warm days spent outside with loved ones. Boy, do we have the perfect kebab for the occasion: our lemony salmon mushroom delight!

Salmon and mushrooms are both superfoods and loaded with antioxidants. Plus, they can be **high sources of vitamin D!** Add a few scrumptious vegetables— like asparagus and grape tomatoes— and you got yourself one healthy meal.

This hassle-free recipe only requires a quick cleaning and cut followed by a short-but-toasty lounge on your grill. Just five minutes on each side is all these salmon kebabs should need to soak up the rich olive oil. Finish it off with a pinch of salt and pepper and a bright spritz of lemon, and— there you have it!— you’re a grill extraordinaire.



LEMONY SALMON MUSHROOM KEBABS

Your quantity will depend on how many kebabs you want to grill. From small family gatherings to big summer cookouts, make as many or as few skewers as you prefer!

Ingredients

Monterey® Baby Bella mushrooms
Salmon
Asparagus
Lemon
Grape tomatoes
Olive Oil
Salt and pepper
Lemon juice, for garnish

Our Monterey® Sliced White mushrooms are also available nationwide in **High Vitamin D varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.***

Instructions

1. Rinse your asparagus and grape tomatoes in cool water. Cut asparagus into two-inch pieces. Leave your grape tomatoes whole.
2. Thickly slice your lemon(s), leaving the rind on, into ½ inch half-moons.
3. Cut your raw salmon into 1.5x1.5-inch cubes, leaving the skin on the bottom, should you desire, or remove.
4. Clean your mushrooms with our **tips for preparing mushrooms here**. Cut each Baby Bella in half, down the center.
5. Pierce each ingredient onto your metal skewer*, alternating to add variety. For example, you may choose to start with a mushroom, then two cuts of asparagus, followed by a grape tomato, salmon, lemon, and repeat.
**If using wooden skewers, be sure to soak the sticks in water for about 20 minutes before adding your ingredients to the stick. This will prevent the wood from catching fire while you're barbecuing.*
6. Place your salmon mushroom kebabs on the grill and brush with olive oil. Then, sprinkle with salt and pepper. Be sure to **check out these grilling tips** to understand the best cooking temperature and positioning on the grill.
7. Grill for 5 minutes on each side, or however long you need to achieve the perfect grill lines or char.
8. After browned to your desired darkness, spritz your kebabs with lemon juice before plating.

HOW TO BUILD A BLENDED BURGER

PLAY
RECIPE
VIDEO



FROM SCRATCH WITH FRESH MUSHROOMS



1

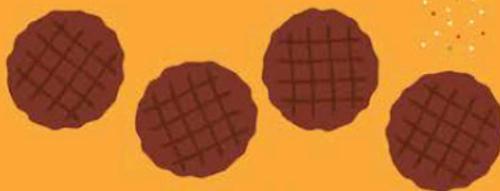
CHOP
FINELY DICE
MUSHROOMS



2

BLEND
MUSHROOMS &
GROUND MEAT

& SEASON!



3

FORM
PATTIES



4

GRILL

5

CUSTOMIZE



CHAPTER 5:

Grilling Blended Mushroom Burgers

Swap out a traditional burger with a **blended burger** to spice things up on the grill. These special mushroom patties mix finely diced mushrooms and beef, creating one nutritious and flavorful combo.

Not only can blending mushrooms with meat help you receive **vitamin D, fiber, and antioxidant-like benefits** and enhance taste, but **blended patties usually contain fewer calories than traditional burgers**.

Before firing up that gas, prepare your burgers properly. Here are seven tips for grilling the best-blended mushroom burger recipes, all summer long:

Step 1: Know the right mushroom-to-meat ratio.

When preparing your serving sizes, it's important to create a balance between your mushrooms and your meat to create a smooth texture. A 70/30 mushroom-meat blend may provide a great base for hearty one-pot meals, however, this ratio contains too many mushrooms to form structured patties. Instead, try flipping the numbers!

A 30/70 mushroom-meat blend is oftentimes the perfect consistency for meat-heavy clusters like burgers, meatloaf, or meatballs. However, don't worry about being super precise, as some recipes vary in their recommendations. For instance, in our **classic Blended Burger recipe**, we mix a ½ pound of finely diced mushrooms with a pound of ground beef. As a general rule for blended burgers, never chop more mushrooms than meat!

Step 2: Opt for fresh mushrooms, not frozen.

We suggest choosing fresh mushrooms for two reasons. **Firstly, fresh mushrooms typically contain more nutritional value** than frozen or canned mushrooms.

Secondly, **softened or engorged mushrooms take on a different texture than raw mushrooms** and can affect the consistency of your blended burger recipe. While a can might work in a pinch, these mushrooms were cooked prior to canning, which leads us to our next tip...

Step 4: Finely dice the raw mushrooms.

In order to get your mushrooms to adhere and incorporate with your meat, you must dice them very finely. Chunks of mushrooms will throw off the texture and won't stick as well to your ground beef.

To form a smooth patty, **chop your mushrooms into the smallest pieces possible** until they form a consistency similar to cauliflower rice.

Step 3: Mix the mushrooms into the meat, uncooked.

You may consider cooking or sauteing your mushrooms prior to blending them with your meat, but we say, “don't!”

Remember, **the mushrooms will cook on the grill when you heat up the patties**. If you cook the mushrooms twice (before AND on the grill), you risk losing important nutrients and flavor—not to mention overcooking them and compromising their texture.



Step 5: Hold the salt!

While we do recommend seasoning your meat-mushroom blend before grilling, there's one important spice to hold back on — salt! **Mushrooms have a natural “umami” taste, which mimics the savory, brothy taste usually associated with salty foods.**

That's why **eating mushrooms gives you a similar sense of pleasure and flavor as higher fat, higher-calorie foods.** In fact, it's because of this that the Mushroom Council recommends not using any salt to season your mushrooms at all. Umami counterbalances sodium and allows up to a 50% salt reduction, without compromising flavor, **they claim.**

Step 6: Season your meat and the mushrooms will absorb the flavor.

Even though you're going to pass on the salt, feel free to season your blended burger patties with whatever other seasonings and spices you desire.

We recommend adding these prior to grilling so that they can marinate until they hit the grill, and so that **the heat can help the flavors fully absorb into the patty while cooking.**

Step 7: Press down on the middle of the mushroom burger before grilling.

Professional chefs and grill masters often recommend adding a small indent to your burger before grilling. It's why cooks like **Shannon from KISS in the Kitchen** instruct you to **create a “deep thumb-shaped well in the center of your patty.”** This helps to create “space for the juices to flow during cooking,” Shannon shares, “and helps the burger cook evenly.”

Others have benefitted from **adding an ice cube on top** of their indent, which slowly melts and adds moisture to your burger— to say goodbye to dry, chewy patties.

PLAY
RECIPE
VIDEO



Blended Burger Recipes

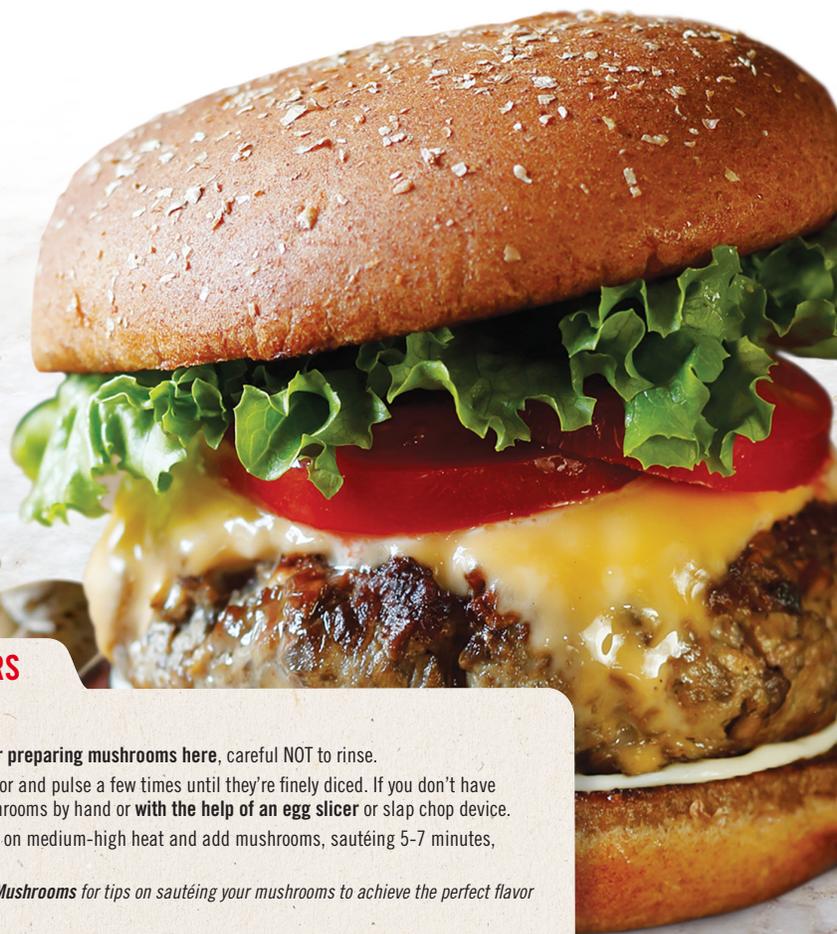
#1. 4-INGREDIENT, EASY BLENDED MUSHROOM BURGERS

Maybe you've heard a thing or two about blended burgers: a patty that takes traditional beef and mixes it with finely diced mushrooms. But while you may have tried these tasty creations at a picnic or on your favorite farm-to-table menu, you always assumed they'd be a hassle to make. Fortunately, this isn't the case! Blended mushroom burgers are *super quick and easy* to make at home.*

Plus, not only are blended mushroom burgers arguably **tastier than traditional beef patties**—thanks for all that extra umami flavor!—they can also make your plate a little healthier by **cutting down on your caloric, fat, and salt intake**. Just when you thought it couldn't get any better, **mushrooms also contain antioxidant-like properties** that may help with regulating your heart and digestive function and boost your overall health.

With just a knife and a quick read on how to best sauté mushrooms, you'll be blending fresh fungi with ground beef in mere minutes. Impress your guests this summer with these rich and savory mixed mushroom patties.

If you're new to combining mushrooms with meat, be sure to read our Introduction to **Blending Ground Beef & Chopped Mushrooms.*



4-INGREDIENT, EASY BLENDED MUSHROOM BURGERS

Ingredients

8 ounces Monterey® Baby Bella mushrooms*
2 tablespoons olive oil, divided
1 pound ground beef
½ teaspoon salt
4 hamburger buns

Optional topping recommendations: fresh tomato, red onion, butter lettuce, cheddar cheese, and your favorite spreads

Our Monterey® White and Baby Bella mushrooms are also available nationwide in **High Vitamin D varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.***

Instructions

1. Clean your mushrooms with our **tips for preparing mushrooms here**, careful NOT to rinse.
2. Place the mushrooms in a food processor and pulse a few times until they're finely diced. If you don't have a food processor, finely mince your mushrooms by hand or **with the help of an egg slicer** or slap chop device.
3. In a skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, sautéing 5-7 minutes, or until golden brown.
Be sure to read our post on **How to Cook Mushrooms for tips on sautéing your mushrooms to achieve the perfect flavor and texture.*
4. Remove the sautéed mushrooms from heat and cool for 5 minutes. Then, transfer mushrooms to a medium bowl.
5. Add ground beef and salt, blending with diced mushrooms until combined. Form into four patties.
6. Preheat your grill to medium.
7. Grill the burgers until desired doneness, usually 4 to 5 minutes per side for medium-rare—brushing the burgers with the glaze about halfway through.
Be sure to **check out these grilling tips to understand the best cooking temperature and positioning on the grill.*
8. Remove from grill. Let sit long enough to cool for adding toppings. Serve with your favorite **picnic sides**.

#2. BLENDED TURKEY WITH AVOCADO MUSHROOM BURGER

Ah, the turkey burger: the deliciously overlooked underdog of burgers. Ground turkey is usually a leaner option (in terms of fat) when compared to traditional beef, and offers a different flavor and texture. Mixed with a blend of your favorite mushrooms, Mexican seasoning, and a kick of fresh onion and garlic, each patty has fewer calories, with that same hearty profile you love. This burger wouldn't be complete without a dollop of creamy avocado, bright green spinach, and a ripe slice of tomato—so be sure to dress it with all your preferred fixings!

BLENDED TURKEY WITH AVOCADO MUSHROOM BURGER

Ingredients

½ lb. mushrooms (any you'de like),
 finely chopped
 1 pound lean ground turkey
 1 tsp Mexican seasoning
 ½ small onion, finely diced
 1 clove garlic, minced
 ½ cup breadcrumbs
 1 egg
 1 medium ripe avocado,
 peeled and sliced
 1 cup baby spinach
 1 medium tomato, sliced
 1 small red onion, sliced
 6 hamburger buns

Instructions

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
 2. In a large bowl combine mushrooms, turkey, seasoning, onion, garlic, breadcrumbs, and egg; mix all ingredients until incorporated. Form into 6 patties (¼ pound) and place onto a baking sheet. Refrigerate for one hour.
- Cook patties either on the barbecue or on the stove-top until internal temperature reaches 160°F.
3. Place patty on warmed bun and top with sliced avocado, spinach, tomato, and red onion.
 4. Place patty on warmed bun and top with sliced avocado, spinach, tomato, and red onion.



#3. BEEF & MUSHROOM MEDITERRANEAN BLENDED BURGER

Did someone say “Mediterranean”? Yes, please. This blended burger is an homage to the hallmark flavors found in your favorite ethnic dishes. Although the burger recipe itself is quite simple— just some beef and fresh mushrooms— the toppings are what transport you to the tastes of the Mediterranean Sea. Top these patties with some Romesco sauce (with notes of pine nut,

spicy peppers, and garlic), sautéed onions and don’t forget some creamy feta. Go wild and plate with some chopped Greek salad or spicy Escarole for the authentic package.

Whether it’s tender lamb served with kalamata olives or warm and spicy chicken shawarma, Middle Eastern dishes are packed with flavor. Luckily, there’s a way to mimic popular Mediterranean flavors without expensive lamb or time-consuming kitchen prep.



In this burger recipe, we stuck to the traditional beef (but this recipe also works well with ground lamb if you prefer!) but added diced mushrooms* to create an umami-rich, blended masterpiece. This helped keep the patties a little healthier than straight beef—by **cutting down on your caloric, fat, and salt intake**—(not to mention being less pricey than lamb.)

But while the savory patty is delicious, it's the toppings that transport you to the tastes of

the Mediterranean Sea! Jarred Romesco sauce brings out notes of pine nut, spicy peppers, and garlic, without the ambitious homemade effort. This tasty sauce also pairs quite romantically with sautéed onions and peppers, creamy feta, and fresh arugula. Go wild and plate with some chopped Greek salad or spicy Escarole for the authentic package.

If you're new to combining mushrooms with meat, be sure to read our Introduction to **Blending Ground Beef & Chopped Mushrooms.*

BEEF & MUSHROOM MEDITERRANEAN BLENDED BURGER

Ingredients

8 ounces Monterey® Baby Bella or White mushrooms*
3 tablespoons olive oil, divided
1 pound ground beef
½ teaspoon salt
6 oz pack of crumbled feta cheese
6.5 oz jar of Matiz Romesco sauce
2 sweet peppers, sliced and sautéed
Half a red onion, sliced and sautéed
A small bowl of arugula
4 hamburger buns

Optional toppings: kalamata olives, a splash of lemon juice or a pinch of lemon zest, oregano, or rosemary

Our Monterey® White and Baby Bella mushrooms are also available nationwide in **High Vitamin D varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.***

Instructions

1. Clean your mushrooms with our **tips for preparing mushrooms here**, careful NOT to rinse.
2. Place the mushrooms in a food processor and pulse a few times until they're finely diced.
3. In a skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, sautéing 5-7 minutes, or until golden brown.
Be sure to read our post on **How to Cook Mushrooms for tips on sautéing your mushrooms to achieve the perfect flavor and texture.*
4. Remove the sautéed mushrooms from heat and let cool for 5 minutes.
5. While mushrooms are cooling, peel and sliced onion into strings or keep as rings. Rinse and chop your sweet peppers, slicing or cubing.
6. Transfer cooled mushrooms to a medium bowl. In a separate bowl with your raw beef, add salt, and blend with diced mushrooms until combined. Form into four patties.
Check out **How to Grill Blended Burgers Like a Pro for more tips.*
7. Preheat your grill to medium.
8. Grill the burgers until desired doneness, usually 4 to 5 minutes per side for medium rare—brushing the burgers with the glaze about halfway through.
Be sure to **check out these grilling tips to understand the best cooking temperature and positioning on the grill.*
9. Remove from the grill and let sit long enough to cool for adding toppings. Open your Romesco sauce and use a knife to spread it on the bottom bun. Place the blended burger on top. Add a bit of fresh arugula, your sautéed onion and pepper, fresh feta cheese, and kiss together with your top bun.
10. Serve with your favorite **picnic sides**.

#4. BLENDED BEEF & MUSHROOM SLIDERS WITH APPLE “BUNS”

We all love a fresh-off-the-grill slider, don't we? The bite-sized burgers are easy to grab and go as you walk around the cookout scene. They also make amazing appetizers before the steaks and hot dogs have their time on the grates!

But now more than ever, summertime party-goers are looking for healthy options. That's why this recipe skips the bun and kissed these sliders between two crisp, rounded apple slices. The result? A delicious savory-sweet combination.

It also **cuts calories by blending finely diced mushrooms** with the beef*. While some make

turkey or chicken sliders for a lower-cal and carb option, these blended beef sliders achieve a similar effect— with the same savory beef taste you crave when you think “burger.” Best of all, when choosing **High Vitamin D mushrooms** for your blend, you're sneaking in **extra nutrients**. That's a win-win if we've ever seen one!

As if it couldn't get any better, these light and healthy blended beef sliders are also easy to make. A special thank you to Chrissy from **Snacking in Sneakers** for this creative addition.

If you're new to combining mushrooms with meat to add flavor and reduce fat and salt, be sure to read our Introduction to **Blending Ground Beef & Chopped Mushrooms before firing up the grill.*

BLENDED BEEF & MUSHROOM SLIDERS WITH APPLE “BUNS”

Ingredients

8 ounces Monterey® Baby Bella mushrooms
1 tbsp olive oil
1 lb 85/15 ground beef
¼ tsp salt
¼ tsp onion powder
¼ tsp pepper
5 slices of cheddar cheese, cut into quarter squares
3 apples

Our Monterey® White and Baby Bella mushrooms are also available nationwide in **High Vitamin D varieties, in both 8 oz and 16 oz packages. **Check out where you can buy your vitamin-rich mushrooms here.***

Instructions

1. Clean your mushrooms with our **tips for preparing mushrooms here**, careful NOT to rinse.
2. Place the mushrooms in a food processor and pulse a few times until they're finely diced. If you don't have a food processor, finely mince your mushrooms by hand or **with the help of an egg slicer** or slap chop device.
3. Heat the olive oil in a skillet over medium heat. Add the diced mushrooms and cook for about 5 minutes, until tender. Remove from heat and transfer mushrooms to a mixing bowl. Let cool for a few minutes.
4. Add the ground beef, salt, onion powder, and pepper to your mushrooms. Mix until combined, and form into 10 small slider-sized patties with your hands.
5. Place the patties on a plate in the fridge.
6. Meanwhile, prepare your grill. If using a gas grill, heat to medium-high. If using a charcoal grill, you should be only able to hold your hand about a half foot above the grates for 4-5 seconds before needing to pull it away*
**If you can hold it there for a long time, wait for it to heat up more.*
7. Place your patties on the grill on direct heat.* Cook around 3 minutes on the first side, and around 3-4 minutes on the second side— or until the internal temperature reaches 160 degrees.
***Check out these grilling tips** to understand the best cooking temperature and positioning on the grill when grilling with mushrooms.
8. Move your burgers to indirect heat and add two quarter-squares of cheese to each burger. Let the cheese melt, then transfer your mushroom blended beef patties to a clean plate.
9. Slice the apples into 20 thin rounds. Place each slider burger on an apple slice, and top with another apple slice to mimic a bun!
10. Serve warm as an appetizer before enjoying **your other picnic favorites!**



CHAPTER 6:

Mushrooms Off the Grates

While there's no doubt mushrooms have earned their place on the grill, they're also extraordinary when served raw on salads. They even make an appearance on cocktails. That's right— we said *cocktails*.

Before you leave, we wanted to share a few of our picnic-favorite cold mushroom recipes:



**SALAD
TOPPINGS**



**MUSHROOM-INFUSED
COCKTAILS & BEER**

MUSHROOM MANHATTAN COCKTAIL

To many, there's no liquor that quite compares to the oaky, tobacco-reminiscent taste of whiskey. This revered drink boasts many variations depending on where it's made and how it's distilled, but while delicate notes differ bottle-to-bottle, one thing remains the same: its earthy mouthfeel. The whiskey in this cocktail is quite unique, having been infused with dried fungi for a full day before being poured into your shaker.



Ingredients:

Ice
2 parts whiskey, infused with dried mushrooms for at least 24 hours
1 part sweet vermouth
1 to 2 dashes of Angostura orange bitters
Marinated mushrooms, for garnish
Orange twist

MUSHROOM MARTINI WITH A TWIST

Gin: you either love it or can leave it. This pine and juniper-forward liquor is the primary ingredient in a classic martini, but in this cocktail, it's taking a new form. The London dry in this mushroom martini was soaked with dried mushrooms for at least 24 hours before serving, infusing it with a savory, robust edge. A must-make for any martini lover



Ingredients:

Ice

2 ½ oz London dry gin, infused with dried mushrooms for at least 24 hours

½ oz dry vermouth

Marinated mushrooms, for garnish

Fresh lime, twisted



MARINATED MUSHROOM 7-LAYER SALAD

Do you have any upcoming parties or **picnics this summer**? If so, you're in luck! This 7-layer salad is an incredible dish to bring to any event. It's filled with tasty vegetables and marinated mushrooms. Enjoy sweet peppers, peas, radishes, and green onions with, of course, your classic tomatoes. The layer of sour cream and mayo adds a creaminess that pairs well with the fresh chives, cilantro, and parsley while those zesty mushrooms give it a tang for equal balance.

Thank you to **The Mushroom Council** for these simple instructions.

Ingredients:

¼ cup extra virgin olive oil
1 clove garlic, grated
2 tablespoons rice vinegar
1 tablespoon chopped chives
½ teaspoon fine sea salt
¼ teaspoon ground black pepper
8 ounces sliced white button mushrooms
4 cups chopped romaine lettuce
2 medium tomatoes, cored and chopped
8 to 10 mini sweet orange and yellow bell peppers, sliced

1 ½ cups green peas (thawed, if frozen)
1 bunch radishes, quartered (about 12 radishes)
6 green onions, white and green portion sliced
¾ cup mayonnaise
¼ cup sour cream
1 teaspoon chopped chives
1 teaspoon chopped cilantro
1 teaspoon chopped parsley
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon fine sea salt

MUSHROOM & CHIVES POTATO SALAD

Who said potato salad has to be heavy and full of mayo? This homemade salad subs in zesty extra virgin olive oil, brown mustard, and tangy apple cider vinegar in place of high-fat mayonnaise, offering more flavor and fewer calories than your traditional potato salad. In addition to this salad's unique dressing, it includes White mushrooms, which help to boost its **nutritional value** and adds a rich umami flavor, giving it a robust taste that creamy potato salad simply lacks.

Thank you to **The Mushroom Council** for sharing this mouth-watering recipe with us.

Ingredients:

24 oz small potatoes, halved

1 tbsp extra virgin olive oil

8 oz White Monterey mushrooms, halved

Pinch of fine sea salt

Pinch of ground black pepper

2 tsp apple cider vinegar

1 tsp brown mustard

¼ cup extra virgin olive oil

2 tbsp chopped chives

½ tsp fine sea salt, or to taste

¼ tsp ground black pepper, or to taste



WHAT ARE YOU WAITING FOR?

Let's Get Grilling!

Now you've got a full book of recipes to keep you busy all summer long. From there, the possibilities only grow for how you'll use the mighty mushroom!

For even more health benefits, consider choosing the most nutritious mushrooms you can find. You see, not all mushrooms contain an often overlooked nutrient: vitamin D. Vitamin D is a fat-soluble vitamin that's linked with bone health, immunity, and cancer-fight properties. Look for High Vitamin D on the label next time you're shopping for mushrooms. And while you're outside grilling and soaking up the natural vitamin D from the sunshine, make sure you're also eating High Vitamin D mushrooms from Monterey.

Download our **Everything You Need to Know About High Vitamin D Mushrooms** ebook today.

