

caps off to mushrooms!

You love cooking for friends and family. Time is tight, and you value dishes that are fuss-free, fresh, versatile and flavoursome.

'rooms to live



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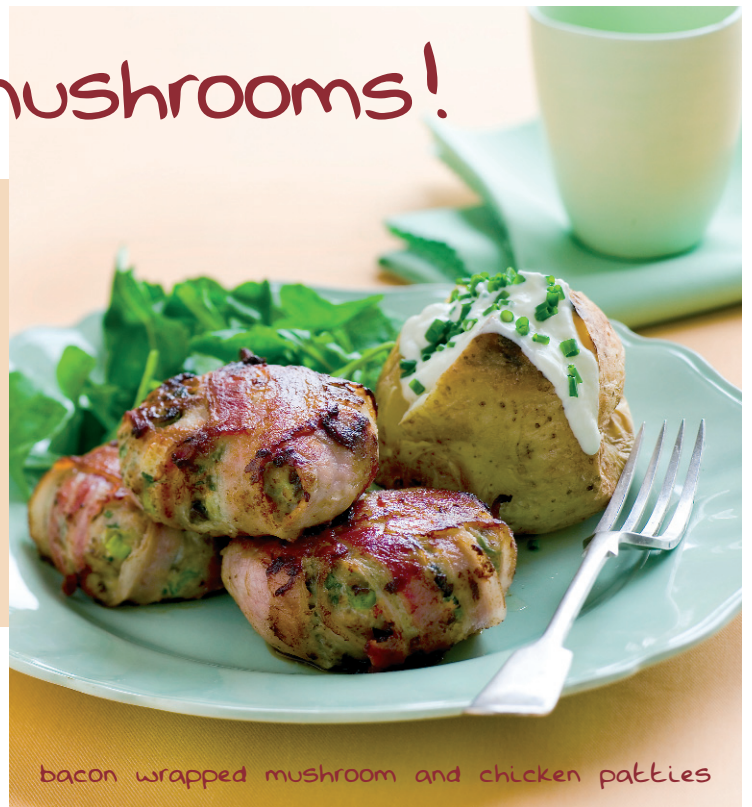
Mushrooms are a powerhouse of taste and health. Our fantastic showcase recipes are designed to wow the taste buds while meeting your daily fitness needs.

Looking for an **iron boost** at lunch? Our Mediterranean-inspired **vegetable picnic loaf** (1) is packed full of iron, and provides half your daily requirements of vitamin A and niacin. How about a **low-fat breakfast** or light meal? At 3.5g of fat per serve, **mushroom hotcakes** (2) fit the bill and simply burst freshness and flavour.

Lovers of seafood and **beneficial omega-3 oils** should not go past our **low-carbohydrate/high protein salmon and mushroom salad** (3), perfect for a weekend lunch or light main and a good source of folate and iron. **Tuna, mushroom and pinenut pasta** (4) is big on flavour and main meal satisfaction, providing the daily amount of omega-3 oils for men and more than twice the amount for women.

For a good source of **fibre and niacin**, which is **low in saturated fat**, try flavour-packed **mushroom and cashew nut stir-fry** (5), especially great for vegetarians and vegans looking for an energy boost and source of bodybuilding protein. **Bacon-wrapped mushroom and chicken patties** (top right) are a star turn, excellent for lunches or mains in a hurry.

Mushrooms are a star performer. Fuss-free, flavoursome, versatile and packed with essential vitamins, minerals and trace elements.



bacon wrapped mushroom and chicken patties

You want that one star ingredient that will make an impressive entry in everything from a hot breakfast to light weekend lunches and mains. One that gets the tick for taste, satisfaction, simplicity and maximum nutritional value.

Mushrooms are one of the few foods found in virtually every cuisine on the planet, and prized for their exceptional nutrition and health benefits.

Adding mushrooms to most dishes maximizes the delivery of important vitamins and minerals and provides unmatched low-kilojoule 'fullness' satisfaction.

did you know?

- Mushrooms are one of the highest antioxidant vegetables in the world.
- Mushrooms provide more than a quarter of your daily needs of the essential vitamins riboflavin and niacin (in a 100g serve).
- Mushrooms are a good source of folate and potassium; regular intake can help to avoid stroke, high blood pressure and heart disease.
- Mushrooms are a wonderful source of fibre, to keep you healthy on the inside.

caps off to the mushroom,
a great fungi to have around!

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the great all-rounder®
Mushrooms