

## ***Mushrooms, 'Fruit of the Fungi'***

### **Mushrooms have a long history of use in Traditional Chinese Medicine**

Their legendary healing effects (recognized by modern science) showcase this fungal fruit to be a 'Remedial Wonder.'

Mushrooms help to strengthen our body and to fight off illness by maintaining physiological homeostasis, or in other words, restoring its balance & natural resistance to disease. Yes, pass the mushrooms, please!

What to do with those occasional blessings of mushrooms in your Grey Bears' Bag? Get out your pots and pans and keep reading to find 'shrooms pan-seared, gravy-d and soup-d! (with cranberry sauce as a side).



**Pan-Seared Portobello Mushrooms** are meaty and delicious. They can be served on a bed of grains, with mashed potatoes, or on a whole-grain bun with all the trimmings. Stored in a covered container in the refrigerator, leftover Pan-Seared Portobello Mushrooms will keep for up to 3 days. This recipe serves 2.

#### **Ingredients:**

2 large Portobello mushrooms  
1 Tablespoon of red wine (or water)  
1 Tablespoon soy sauce  
(or Braggs Liquid Aminos)  
2 teaspoons balsamic vinegar  
2 cloves of garlic minced  
1/4 teaspoon dried oregano

#### **Directions:**

Clean mushrooms and trim the stems to they are flush with bottom of caps.  
Combine wine, soy sauce, vinegar, garlic and oregano in a large skillet.  
Add the mushrooms, top-side down at first.  
Lower the heat to medium, cover, and cook for 3 minutes.  
(If pan becomes dry, add 2-3 Tablespoons water.) Turn the mushrooms over and let cook for another 5 minutes, until tender when pierced with a sharp knife. Serve hot.

### **Cranberries are Heart Healthy.**

Antioxidant compounds found in cranberries (anthocyanins and hydroxycinnamic acids) protect the cells from oxidative damage and help to suppress inflammation.



### **Cranberry Sauce** the easy way: (Yields 2 cups)

Bring to a boil:

1 cup fresh orange juice  
1 teaspoon fresh ginger, minced  
1 teaspoon orange zest  
1/4 teaspoon cinnamon

Add 1 bag of cranberries (rinsed) once the liquid is boiling. Reduce heat and simmer for about 10 minutes. Lastly, add 1/2 cup crushed pineapple and 1/2 cup honey. Remove from heat and cool.



This **Mushroom Gravy** is scrumptiously nutritious. My family enjoys this simple, no-fat treat over a medley of steamed vegetables. And of course you've got to try it over potatoes (mashed or otherwise) with a side of fresh cranberry sauce. This recipe serves 2-4.

#### Ingredients:

1/4 cup water  
12 ounces (2 cups sliced) 'shrooms  
(button, Cremini, or your favorite)  
1 1/2 cups vegetable broth (or water)  
1/4 cup flour (any kind)  
1-2 Tablespoon soy sauce  
(or Braggs' Liquid Aminos)  
1 Tablespoon Italian seasoning  
1/4 teaspoon black pepper, ground  
Salt to taste at end (optional)

#### Directions:

Heat water in nonstick skillet. Add mushrooms and cook and stir until soft.  
Combine 1 cup of the broth and the flour in a jar with a tight-fitting lid and shake until smooth.  
Add the remaining broth, soy sauce, Italian seasonings, & pepper. Then shake. Pour half of this into the mushrooms and simmer for 3-5 minutes, stirring often.  
Stir in the remaining flour mixture and cook and stir until thickened. Serve warm, as soon as possible.  
Gravy will keep in covered container in fridge for up to 3 days.

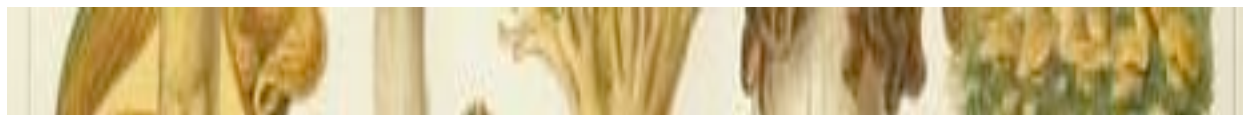
**Mushroom Barley Soup** takes just minutes to make if you have cooked barley on hand. Because it is very low in fat, it helps the immune system recognize and destroy cancer cells. This recipe serves 2-3. Learn more about Cancer and Diabetes Prevention at a '*Eat Yourself Healthy*' class (see info below.)

#### Ingredients:

2/3 cup water  
1/3 cup pearl barley  
  
2 cups plain rice or soy milk  
2 Tablespoons barley flour  
6 fresh mushrooms, quartered  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
Pinches of each of the following:  
dried marjoram  
dried sage  
dried thyme  
dried dill weed

#### Directions:

Bring water and barley to boil, then let simmer for 30 minutes.  
Place rice milk and flour in a blender and process for a few seconds. Add the cooked barley and process on high speed for about 10 seconds, just until the barley is coarsely chopped.  
Add the mushrooms and process very briefly, just until coarsely chopped.  
Transfer the blended mixture to a medium saucepan and stir in the garlic powder, salt and spices. Cook over medium heat, stirring often, for about 5 minutes, or until the soup is hot and slightly thickened.  
Stored in a covered container in fridge this soup will keep for up to 3 days.



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