

ROCKEE NEWS

March 2009

Hello, again. This month I want to talk to you about calories. You've seen all those new 100 calorie packs of snacks in the grocery stores. Well, did you know that you could eat 25 medium sized mushrooms for 100 calories? That's a whole pound of mushrooms. What would you rather have, a teeny tiny bite of a brownie or a whole pound of mushrooms? Ok, there are days when I would choose the brownie, but when I'm watching my calories, mushrooms go into just about everything I make...omelets, soups, stews, stir-fry, pasta. One customer told me he adds sautéed mushrooms to his French onion soup. Doesn't that sound good? Mushrooms help fill you up without filling you out.

If you're like me you're reading labels more than ever and are just shocked at what is in our food these days. Let me tell you just a few of the things that are found naturally in mushrooms—antioxidants, potassium, riboflavin and niacin. Just the things that your body needs, none of the junk.

Below is a recipe that I have used for years and years. I usually put ground beef and ground sausage in it, but it works just as well without the meat. In fact, it may be just the thing for a Friday during Lent. Add some garlic bread and a salad and you've got quite a hearty and healthy meal. Enjoy!

Mushroom Lasagna

- Six large portabella mushrooms, sliced
- ½ pound of shiitake mushrooms, stems removed
- 1 small onion, diced
- 1 small zucchini, chopped (optional)
- 1 cup frozen chopped spinach (optional)
- Adobo seasoning
- Olive oil
- 28 oz. Can of crushed tomatoes, basil flavor

- 12 oz. Can of diced tomatoes, Italian flavor
- Lasagna noodles
- 16 oz. Ricotta cheese, part skim
- 16 oz. Small curd cottage cheese, low fat
- 2 packages of shredded mozzarella cheese
- Parmesan cheese

Bring salted water to boil and cook the lasagna noodles until al dente.

Rinse mushrooms. Pat dry. Sprinkle mushrooms, onion, spinach and zucchini with Adobo seasoning and sauté in olive oil over medium heat until tender.

In a separate bowl combine the crushed tomatoes and diced tomatoes. In a third bowl, mix the ricotta cheese and cottage cheese.

Spray a 13 x 9 baking dish with olive oil spray. Line dish with cooked lasagna noodles. Do not overlap. Add a layer of tomatoes. Then add a layer of mushrooms, onions, spinach and zucchini. Next, add a layer of the ricotta cheese and cottage cheese mixture. Cover with a layer of mozzarella cheese, then sprinkle with Parmesan. Repeat layers until you run out of ingredients, the final layer should be the mozzarella and Parmesan.

Do not overfill the pan. Leave a ½” of space between top of food and the top of the pan. If you have extra, make a second batch and put in the freezer for another day. Be sure to cover it well to prevent freezer burn.

Spray aluminum foil with olive oil spray and cover. Bake at 350 for 45 minutes. Uncover and bake 10 more minutes. Let lasagna sit for 10 minutes before serving.

Don't forget to check us out on the web. Our shipping menu is now even easier to use. Click on the item you want, and see a picture of our mushrooms and gift packs.

www.sherrockmush.com

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610-869-8048