



**Mushroom “Chips” and Dip**

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: about 4

Average cost per serving: \$1.20

- 12 large white button or crimini mushrooms
- 1/2 cup prepared pesto
- 1/2 cup light sour cream
- Squeeze of lemon, season to taste

Mix pesto with sour cream, a squeeze of lemon and set aside.

Heat grill to medium, about 365°. Cut each mushroom in half. Grill mushrooms 5 minutes with lid closed, turn and grill another 4-5 minutes, until cooked through and starting to brown. Skewer 2-3 mushrooms and remove from grill. Serve skewered mushrooms with pesto dip.

*Hint:* Prepared pesto can be found in the grocery store near the pasta and spaghetti sauce.



<b>Nutrition Facts</b>	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 8%	• Vitamin C 4%
Calcium 25%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Each serving provides:** 200 calories, 17g fat (26% Daily Value), 6g saturated fat (30% Daily Value), 20mg cholesterol (7% Daily Value), 260mg sodium (11% Daily Value), 7g protein, 10% Daily Value for selenium, 8% Daily Value for vitamin A, 10% Daily Value for potassium, 6% Daily Value for iron, 4% Daily Value for vitamin C, 25% Daily Value for calcium, 3% Daily Value for vitamin D