



Yummy mushroom recipes

Sunnybrae Therapeutics
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Mushroom & Sausage Zoodles

4 servings
20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 283 grams Pork Sausage (cut into pieces)
- 1 cup Mushrooms (sliced)
- 2 Zucchini (spiralized)
- 1 tsp Garlic Powder
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	281
Fat	24g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	11g
Cholesterol	41mg
Sodium	1245mg
Vitamin A	248IU
Vitamin C	18mg
Calcium	26mg
Iron	1mg

Directions

- 1 In a skillet, heat the olive oil over medium heat. Add the sausage and cook for 10 minutes, flipping halfway through.
- 2 Once the sausage is cooked, add in the mushrooms and cook for 5 minutes or until they become soft.
- 3 Add in the zucchini noodles, garlic powder and sea salt. Cover with a lid to help steam the zucchini and cook for another 2 minutes.
- 4 Remove the skillet from the heat. Divide the mixture between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add more vegetables like broccoli, bell peppers and onions.

Additional Toppings: Add shaved almonds or hemp seeds.

Make it Vegan: Use black beans or lentils instead of sausage.



Cream of Mushroom Soup

4 servings
30 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 cup Red Onion (diced)
- 3 stalks Celery (diced)
- 2 Carrot (diced)
- 3 cups Mushrooms (any type will work)
- 1 tsp Black Pepper
- 3 tbsps Tamari
- 4 cups Water
- 1/2 cup Cashews (soaked and drained)

Nutrition

Amount per serving	
Calories	218
Fat	15g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	812mg
Vitamin A	5235IU
Vitamin C	7mg
Calcium	71mg
Iron	2mg

Directions

- 1 Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
- 2 Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
- 3 Ladle soup into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving equals approximately 2 cups.

Make it Green: Add in a few handfuls of spinach or kale before blending.

Nut-Free: Use sunflower seeds instead of cashews.

Whole Mushroom Lover: Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

Toppings: Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.



Asparagus & Mushroom Frittata

4 servings
25 minutes

Ingredients

8 Egg
1/4 cup Water
1 tbsp Extra Virgin Olive Oil
2 cups Mushrooms (sliced)
1 cup Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	192
Fat	13g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	15g
Cholesterol	372mg
Sodium	146mg
Vitamin A	1033IU
Vitamin C	4mg
Calcium	70mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



Broccoli & Mushroom Fried Rice

4 servings
15 minutes

Ingredients

- 2 cups Broccoli (chopped into small florets)
- 1 tbsp Avocado Oil
- 2 cups Mushrooms (sliced)
- 1/2 Garlic (clove, minced)
- 1 tbsp Coconut Aminos
- 1/4 cup Almonds (slivered)
- 1 tbsp Onion Powder
- 1 tsp Sea Salt
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	122
Fat	8g
Carbs	9g
Fiber	3g
Sugar	3g
Protein	5g
Cholesterol	0mg
Sodium	678mg
Vitamin A	711IU
Vitamin C	44mg
Calcium	60mg
Iron	1mg

Directions

- 1 Add the broccoli florets to a food processor and pulse until a rice consistency forms.
- 2 Heat a large pan over medium heat and add in the avocado oil. Once the oil is warmed, add in the broccoli, mushrooms and garlic. Cook for 10 minutes.
- 3 Once the ingredients are cooked through, add in the coconut aminos, almonds, onion powder and sea salt. Cook for roughly 3 minutes, stirring often to combine the flavors. Remove from heat.
- 4 Top with green onions and cilantro. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in a skillet.

Nut-Free: Omit the almonds or use sunflower or sesame seeds instead.



Deluxe Portobello Pizzas

2 servings
30 minutes

Ingredients

340 grams Portobello Mushroom Caps
(wiped clean and stems removed)
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano
Sea Salt & Black Pepper (to taste)
1 1/2 cups Crushed Tomatoes
1/2 cup Red Onion (finely diced)
1/2 cup Mushrooms
1/2 cup Cherry Tomatoes (halved)
1/2 Green Bell Pepper (diced)
2/3 cup Feta Cheese (crumbled)
1 tsp Red Pepper Flakes (optional)

Nutrition

Amount per serving	
Calories	329
Fat	18g
Carbs	29g
Fiber	8g
Sugar	12g
Protein	18g
Cholesterol	45mg
Sodium	934mg
Vitamin A	1405IU
Vitamin C	52mg
Calcium	334mg
Iron	4mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 3 Meanwhile, prepare your veggies.
- 4 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
- 5 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

Notes

More Veggies: Top with whatever vegetables you have on hand.

No Feta Cheese: Use goat cheese instead.

Vegan: Sprinkle with some nutritional yeast instead of feta.

Prep Ahead: Veggies can be diced in advance and stored in airtight containers or baggies.