



WATERCREST

SENIOR LIVING



The Chef's Corner

Health Benefits of Mushrooms

Whether sautéed, boiled, roasted or raw, mushrooms enhance just about any dish while promoting a healthier lifestyle. From portobello to shiitake, white button or oyster, mushrooms provide amazing health benefits. Low in carbohydrates and calories while packing a powerful nutritional punch, mushrooms contain some of the most healing natural medicines on the planet.

Mushrooms contain large amounts of B vitamins, fiber, iron, niacin, potassium, protein, selenium and zinc. These vitamins and minerals found in mushrooms improve our immune system and help treat high blood pressure, arthritis, muscle aches and aids in lowering cholesterol. Most importantly, researchers have found that the antioxidants in mushrooms play a vital role in warding off heart disease, cancers and Alzheimer's disease.

Considering all of the health benefits, Hippocrates must have had mushrooms in mind when he said "Let Food Be Thy Medicine", and our Chefs at Watercrest won't disagree. Enjoy this Asian inspired Hippocrates and Watercrest favorite at your next meal.

Chef's Recipe: **Asian Inspired Mushroom Lettuce Wraps**

Ingredients:

1 tablespoon olive oil
8 oz. Button Mushrooms, diced
8 oz. Shiitake Mushroom Caps, diced
2 cloves garlic, minced
1 onion, diced
¼ cup hoisin sauce
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon freshly grated ginger
1 can (8 oz) whole water chestnuts, drained and diced
2 green onions, thinly sliced
1 head butter lettuce
Kosher salt and freshly ground black pepper, to taste

Directions:

1. Heat olive oil in a saucepan over medium high heat
2. Add chopped mushrooms and cook until browned, about 3-5 minutes
3. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and cook until onions have become translucent, about 1-2 minutes
4. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste
5. To serve, spoon several tablespoons of the mushroom mixture into the center of a lettuce leaf, taco-style