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## Light Up the Grill – and Summer Meals – with Mushrooms

### The Mushroom Council Shares 5 Delicious Mushroom-Centric Recipes for Summer Grilling

Redwood Shores, CA (July 14, 2016) – Peak grilling season is upon us, and it's the ideal time to gather on the patio with family and friends to cook up and enjoy flavorful meals prepped on the grill. This year, rather than rely just on the basic hamburgers, steaks and hot dogs for your summer fare, consider making the delicious, nutritious and versatile mushroom the center ingredient over the backyard flame.

"Mushrooms' inherent meaty, umami qualities make them the ideal replacement or complement to your favorite summer grilling recipes," said Kara Lydon, RD, LDN, RYT, author of *The Foodie Dietitian* and nutrition consultant for the Mushroom Council. "When you place mushrooms on the grill, you're adding an extra serving of vegetables to your plate, boosting flavor, and cutting down the sodium and saturated fat in comparison to burgers or brats."

During the height of cookout season, the Mushroom Council encourages you to lighten your favorite summer meals with the mighty mushroom. Here are five grilling recipes to heat up your taste buds:

1. For a fun appetizer packed with an umami punch, opt for these [Grilled Mushroom and Ham Crostini](#).
2. The portabella mushrooms in this [Grilled Mushroom Cobb Salad](#) add a savory kick to this summertime salad, great for lunch or as a hearty side.
3. The combination of tangy teriyaki sauce, sweet, juicy pineapples and meaty mushrooms make these [Teriyaki Portabella Mushroom Kabobs](#) a great fit for backyard entertaining.
4. For a healthier twist on a summertime staple, [blend finely chopped mushrooms](#) with beef and bacon and serve up a [Mushroom Bacon Butter Burger](#).
5. Vegetarian? Go for this [Grilled Portobello Burger with Sundried Tomato Aioli](#) to whet your appetite with fresh, seasonal ingredients.

For additional recipes and inspiration for adding more mushrooms into your diet, visit [www.mushroominfo.com](http://www.mushroominfo.com).

#### About The Mushroom Council

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit [mushroomcouncil.org](http://mushroomcouncil.org).

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