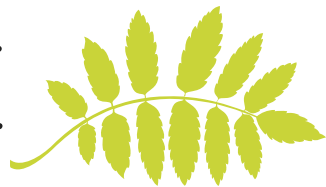


# MUSHROOMS A LA GRECQUE



## Directions

1. Mix the oil, vinegar, lemon juice, coriander, oregano, salt and pepper in a large stockpot.
2. Make the bouquet garni by placing the herbs and the garlic in the center of double piece of cheesecloth, tie with string and add to pot.
3. Heat the oil mixture to boiling and then reduce to simmer. Gradually add the mushrooms to the pot, stirring with a wooden spoon to coat with the sauce. Simmer the mushrooms, stir occasionally for about 20 minutes.
4. Cool for several hours and discard the bouquet garni. Transfer to a serving bowl and garnish with sage sprigs.

## Ingredients

- 4 lbs. of small white mushrooms, rinsed and patted dry
- Fresh parsley or sage for garnish
- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. ground coriander seeds
- 1 Tbsp. dried oregano
- salt & pepper to taste

### Bouquet garni:

- 1 tsp. dried marjoram
- 1 tsp. dried thyme
- 1/2 tsp. crumbled dried sage
- 2 tsp. fennel seeds
- 2 bay leaves
- 3 garlic cloves, unpeeled and slightly crushed



## THANK YOU FOR ATTENDING A VOLUNTEERING AT THE KITCHEN

Second Harvest is in one of the most agriculturally rich regions in the country. Bountiful crops of apples, wheat, potatoes, sweet corn, beans, lentils and much more, as well as dairies and ranches surround us. The generosity of local producers means we're able to share much of this food with our hungry neighbors.

Second Harvest distributes more than 2 million pounds of food each month for hungry families in the Inland Northwest. About 80 percent of this food is fresh produce or other perishable products.

But providing groceries isn't always enough when people don't know how to prepare and use the food they receive. Many times over the years, we've heard people we serve say they aren't sure how to cook things like fresh fruits and vegetables. Meanwhile, rates of obesity and diabetes are on the rise, especially for low-income families.

In The Kitchen, we're giving people the tools to take their health into their own hands. We're taking our mission to fight hunger a step further and investing in long-term health through nutrition education and hands-on cooking lessons.

The Kitchen empowers families to reduce or eliminate the foods that contribute to obesity and nutrition-related health conditions. Children and adults learn to make healthy yet economical food choices, helping them move out of poverty.

For more information visit [www.secondharvestkitchen.org](http://www.secondharvestkitchen.org)

