

A Healthy Turkey-Mushroom Pumpkin Casserole and Chance to Win \$500 for #ShroomTember

Description

I never understood why so many people are averse to the mushroom. I mean, câ€™mon, heâ€™s a âœœfun-giâ€™!

Sorry, had to get that in there. But I feel that if more people gave the fungus a chance, it would grow on them.

Okay, seriously, Iâ€™m done now.

Iâ€™ve been a mushroom lover for as long as I can remember, and never cared for anything fancy, just plain and raw. Sometimes, when Iâ€™m feeling really crazy, I might add a touch of spicy brown mustard or use them to dip in hummus, but I mostly enjoy them sans toppings.

My love for mushrooms is no secret, and I think thatâ€™s obvious when you see the birthday âœœcakeâ€™ I was given by my co-workers one year.



Going Mom, on the other hand, has never allowed âœœmushroomâ€™ in her diet for the mycelium which leaves me as the only âœœcon-shroomerâ€™ (wow, I canâ€™t stop). Not a problem, though, since Iâ€™m not good at sharing food I treasure.

Even now that weâ€™re feeding Avery a mixture of veggies, Iâ€™m apprehensive to give her mushrooms at the fear sheâ€™ll just throw them on the floor. It would hurt too much to see.

Although I prefer the simplicity of plain, uncooked mushrooms, I couldn't resist when the great guys at [Life of Dad](#) invited me to partner with them and [The Mushroom Council](#) as an official ambassador to help celebrate and promote [#ShroomTember](#)!



I am honored to be amongst several other awesome dad bloggers acting as ambassador by creating and sharing an original recipe containing mushrooms and telling you, our wonderful readers, about how you can have a chance to win a \$500 Visa Gift Card by sharing your own mushroom-infused recipe!



There are two contests remaining for #ShroomTember and this week it's all about [Blendability](#). Here are several bullet points provided by The Mushroom Council to help explain Mushroom Blendability:

- On average, mushrooms have 90 percent fewer calories than a ground meat alternative.
- Finely chopped mushrooms look similar and blend seamlessly with meat, so classics can be made healthier without losing taste or satisfying texture. Simply substitute flavorful mushrooms for some of the meat in a traditional dish to reduce calories and fat.
- Mushroom Blendability helps you lighten up family favorites by replacing a portion of the ground meat with mushrooms – creating healthier versions of the recipes you love.
- With the mushroom and meat blend, you don't necessarily have to consume large quantities of meat to feel full and satiated.
- Research shows that increasing the intake of lower calorie foods, specifically mushrooms, in place of those higher in calories, like ground beef, can be an effective method for reducing calories and fat while still feeling full and satisfied after a meal.
- Mushrooms bring important nutrients like vitamin D, potassium, B vitamins and antioxidants to the plate without adding significant calories, fat and cholesterol.

[Read more about the contests and ways you can enter to win \\$500 by clicking here!](#)

Turns out, blendability is something I've been doing a long time with my favorite fungus, so sharing a recipe this week just made sense. Meat is good, but expensive, so using Mushroom Blendability to stretch our meals and not our waistlines is a perfect solution.

My fellow readers, I present to you your new go-to fall recipe!

Healthy Turkey-Mushroom Pumpkin Casserole



Ingredients

- 1 15oz can pumpkin puree
- 3 egg whites
- 1/2
- 1 medium onion, chopped
- 2 “ 4 cloves garlic, crushed and minced (I used 4 because we love garlic!!)
- 1 lb ground turkey breast, cooked (sub chicken, beef, or pork if needed)
- 3 cups steamed mixed veggies with peas, corn, and carrots
- 1 cup chopped mushrooms (I used white button and cremini, but any kind will work)
- 2 tbsp. brown mustard
- 2 tsp Bragg’s Liquid Aminos (soy sauce works too)
- 1 tbsp. cumin
- 1 tsp paprika, parsley, and thyme
- 1/4 tsp cayenne

Directions

- Preheat oven to 375 degrees F.
- Combine steamed veggies and cooked turkey with pumpkin puree and egg whites in a large bowl
- Heat a large non-stick skillet over medium heat. Add onions, mushrooms, and garlic. Sauté for 2 “ 3 minutes until softened and add to mixture in the bowl.
- Add all remaining ingredients and mix well.



- Pour mixture into greased or parchment lined 9-inch casserole dish (individual ramekins or even a pie pan will work too) and bake for 40 minutes. There should be a golden crust forming on top; watch carefully so it doesn't turn black!
- Remove from oven and place on wire cooling rack. Allow to sit 5 – 10 minutes before cutting and serving.



- This dish freezes well and is perfect for leftovers!

I used glass ramekins as the individual sizes made it easier to store some for me and some for Kelley to bring to work. Serve with your favorite hearty bread and a hefty side of greens.



Now, as much as it fills me with pride to have you sit and stare with a grumbling tummy, I urge you to get in the kitchen and put your “shroom skills to work for a chance at winning \$500. That could buy a lot of mushrooms!!

Make sure to check out The Mushroom Council’s social media pages listed below for great tips and recipes to get you motivated.

- [Pinterest](#)
- [Facebook](#)
- [Twitter](#)
- [Blog](#)

Enjoy and good luck!

Disclosure: I have partnered with [Life of Dad](#), LLC for the #ShroomTember promotion. Sponsored by The Mushroom Council, the #ShroomTember promotion gives anybody the chance to win a \$500 Visa gift card.

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