

# A savory solution to stretch your grocery budget

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety

of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at mushroomcouncil.com.

Family Features

## Garlic-Rosemary Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

### Chicken:

- 8 boneless, skinless chicken thighs salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchini, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced



### Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta
- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

### To make chicken:

Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side. In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

### To make orzo:

In small pot over medium-low heat, warm broth. Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes. Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute. Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan. Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.

## Creamy Spinach, Mushroom and Lasagna Soup

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping



Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes. Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes. Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes. Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

## Blended Pasta Sauce

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 90% lean ground beef
- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- 1 pound cooked pasta of your choice salt and pepper, to taste
- grated Parmesan cheese



In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size. Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons. Stir in marinara sauce and reduce heat to low. Cook 10 minutes. Serve over cooked pasta, season with salt and pepper to taste, and top with grated Parmesan.

## SENIOR HOUSING NOTES



### Field trips

Terra Vista of Oakbrook Terrace residents have been enjoying field trips to fun and educational destinations like Morton Arboretum, Cosley Zoo and First Division Museum at Cantigny. This enhanced Terra Vista program has shown significant benefits for individuals with Alzheimer's including heightened levels of engagement, positive long-term memories, opportunities for conversation and a sense of calm upon return to the community. Upcoming field trips include visiting the Erin Washington exhibit at the Cleve Carney Museum of Art, going on a holiday lights tour and enjoying a production of Charles Dickens' "A Christmas Carol" at College of DuPage.



### The suite life

Recently King-Bruwaert House in Burr Ridge opened The Bridge, assisted living suites. Ranging in size from 755 to over 1,000 square feet, these suites offer kitchens with stainless steel appliances and spacious bathrooms with no-lip shower entries. The Bridge offers the community's first two-bedroom assisted living suite with two full bathrooms. All residents have 24/7 access to nursing care. For more information, visit kingbruaert.org/residences/assisted-living.

### Tasty competition

Over the summer, Lake Forest Place in Lake Forest hosted five chefs for the East Headquarters National Puree with Purpose competition. Pureed food is designed specifically for people who have difficulty chewing or swallowing. This competition is designed to show how chefs can provide seniors with high-quality, delicious meals that are also palatable and easy to consume while looking nearly identical to their non-pureed counterparts. Lake Forest Place residents were invited to watch the chefs as they sliced, blended and thickened ingredients to create their masterpieces. The winner advanced to the national finals in Boston.

### Award winner

Belmont Village Senior Living in Glenview was ranked fourth in the nation by U.S. News & World Report in its 2022-23 inaugural "Best in Senior Living" survey. Residents and family members rated their respective communities in the criteria of best in independent living, assisted living and memory care. The initial survey included more than 3,000 communities and 80 operators, reflecting the viewpoints of over 200,000 senior housing residents and family members nationwide.

"We're delighted U.S. News ranked our Glenview community so highly. The real satisfaction comes from knowing that our residents and their families are truly enjoying their experience at Belmont Village," says Patricia Will, Founder & CEO of Belmont Village Senior Living.

### Guy time

While Friendship Village in Schaumburg offers abundant activities and events for all residents, the retirement community is enhancing its men's programming to promote male camaraderie. Friendship Village is home to three ponds chockfull of largemouth bass, blue gill, channel catfish and more that lifelong fishermen can catch and release. Other activities developed for men include a woodcraft class, creative paint and sip program, shuffleboard games, model train club, men's Wii bowling and a remote-control extravaganza.

"We're glad to have our male residents participating in more and more programs. They're pursuing their hobbies, trying new things, and forming strong friendships," says Carla Smith, director of lifestyles.

### Hitting the green

Being nestled between two golf courses led to a unique community partnership for residents at GreenFields of Geneva. This summer, residents of GreenFields enjoyed golfing for free twice a week at neighboring Tanna Farms and Mill Creek golf courses. The partnership is the latest addition to GreenFields' Gems of Geneva Program, which connects residents with area shops, restaurants and businesses.

"So many of our residents love to golf; we've heard it's one of the reasons some people decide to move here," says Mark Zullo, vice president of sales and marketing for GreenFields. "We're thrilled to be taking something that our residents treasure and making it free for them to enjoy."

