

Mushroom Cheesy Rice

Traditional dishes turned healthy make me smile. This side dish screams flavor and is nutrient dense as well.

We've all had a version of creamy mushroom cheesy rice before. Undoubtedly it has included cream of mushroom instead of real mushrooms. Hang on tight, because this recipe is a game changer. Fresh mushrooms locally sourced are a huge flavor improvement from your typical rice recipe. We are lucky enough to have Mushroom Authority right here in Northern California. Not only can you buy a wide variety of mushrooms from them, but you can purchase mushroom kits and grow your own!



Mushrooms are high in Vitamin B as well as Vitamin D. However, when you pour out a can of cream of mushroom, you've sadly lost a lot of the nutrients that were in the mushrooms to

begin with.



We paired fresh shiitake mushrooms with local cheese from [Pedrozo Dairy](#). They have an outstanding gold cheese that has won the hearts of the kids. My husband is what I like to call a “cheese snob”. He cares very much about what kind of cheeses enter our house and this one passed with flying colors.



Pair this with our [honey sesame pork chops](#) or [homemade chicken](#)

[nuggets](#) for a complete meal!

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