

Recipe Courtesy of Dr. Sandra Young, OD of the [Visionary Kitchen](#):

Vitamin D Enhanced Mushrooms®

Vitamin D is involved in the innate immune response and inflammatory regulation in our eyes and body. UVB radiation stimulates vitamin D synthesis in our skin. This also happens when fish, seals, whales and other marine life swim near the ocean's surface; vitamin D is produced, then used or stored. Natural food sources of vitamin D include fatty fish, fish liver oil and the blubber of whales and sea mammals.

Mushrooms can be enhanced to become another food source of vitamin D by exposing the gills to mid-day sunlight. Exposure of 100g of mushrooms to ultraviolet light will increase the amount of vitamin D from 101 IU to 446 IU.

Since vitamin D is a fat soluble vitamin, it is stable when cooked over moderate heat.

Ingredients

1 to 2 lbs medium to large crimini mushrooms

Directions

1. Place mushrooms gill side up on a baking tray. Set outside in direct sunlight as close to mid day for 30 minutes. This step may be done 1 – 2 days in advance.
2. Clean the mushrooms well. The mushrooms may only need to be wiped with a damp cloth. However, dirty mushrooms should be rinsed with water and scrubbed if necessary.

Nutrition facts per serving: calories 25kcal; total fat 1g; saturated fat 0g; cholesterol 0mg; sodium 12mg; total carbohydrates 5g; dietary fiber 1g; sugars 2g; protein 3g; vitamin A 0%*; calcium 2%*; vitamin C 0%*; iron 3%*
1 serving = 4 oz

Ocular wellness nutrition: vitamins D, B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6; copper, zinc, selenium, dietary fiber, protein to promote blood sugar regulation

How to Use

Raw enhanced mushrooms may be used in a fresh salad. Or, they may be cooked over medium heat. Serve cooked over steamed green beans, broccoli or roasted asparagus.

Allium vegetables, garlic, onion and shallots, pair well with mushrooms. For additional eye and body wellness benefits, allow allium vegetables to rest 10 minutes before cooking. During this resting time, water soluble vitamin B1 (thiamine) found in allium vegetables, converts to fat soluble benfotiamine. In its fat soluble state, benfotiamine is more easily absorbed and then utilized by the body to support carbohydrate metabolism and blood sugar regulation.

