

Reasor's Supporting The Blend Through Community Outreach

IN THE COMMUNITY: HEART HEALTHY COOKING CLASS

Reasor's was proud to host a Heart Healthy Cooking Class for 45 local high schools students at their annual Heart Ball.

Students from various high schools in the community came together with the American Heart Association to learn about different aspects of heart health and lifesaving techniques for medical emergencies. The program included classes like CPR, healthy cooking with Reasor's Registered Dietitians, fundraising, and giving back to the community.

During the class students were educated on:

- Heart healthy nutrition and how to incorporate those tips into cooking.
- Nutritional benefits of swapping mushrooms for meat, including decreasing the calories and fat in a recipe and increasing the nutritional value of fiber and vitamins.
- Vitamin D content in mushrooms and recent studies correlating Vitamin D deficiency to increased risk of heart disease.

LOCAL HIGH SCHOOLS:

Booker T. Washington
Metro Christian Academy
Jenks Public Schools
Broken Arrow Public School
A few home schooled students



"They were a little skeptical to begin with but by the end they were raving about how great it tasted and how you didn't even notice the mushrooms."

Heather Steele, RD/LD, Registered Dietitian, Reasor's

IN THE COMMUNITY: TULSA FEDERAL CREDIT UNION TULSA RUN

Reasor's is proud to be a large sponsor of The Tulsa Run, Oklahoma's most historic race.

The Tulsa Run brings in over 10,000 walkers and runners each year to Tulsa's downtown core. The exhibition was a great opportunity to chat one-on-one with race participants and attendees. Reasor's booth was open for business Thursday, Friday and Saturday and featured The Blend recipe booklet for attendees to try at home.



Mushroom Blend Tacos

Recipe adapted from the *Mushroom Council*.



Makes: 7 tacos

Ingredients:

- 1 pound ground turkey or ground beef
 - 1 pound mushrooms (try white button with turkey and portabella with beef)
 - 3 tablespoons taco seasoning (you can do more or less depending on your taste)
 - ½ - 1 cup water
 - 1 package tortillas, corn & whole wheat blend
- Topping Options: shredded lettuce, diced tomato, chopped cilantro, sliced avocado, salsa, shredded cheese, Greek yogurt, sour cream, taco sauce, diced onion

Directions:

1. Finely chop mushrooms to similar consistency as the ground meat. Meanwhile, place a 12 inch frying pan over medium heat. Once mushrooms are diced and the pan is hot, add the mushrooms. Stir occasionally until most of the moisture from the mushrooms has evaporated, about 8-10 minutes.

2. Add the ground meat to the mushrooms. Stir well to break up the meat and sauté until the meat is cooked through, about another 10 minutes.
3. Turn heat down to low and slowly add water to the meat and mushroom blend. Start with ½ cup water then add more as necessary. Stir in taco seasoning to combine. Cook until mixture is well blended and most of the water has been evaporated.

Serve 3 ounces of taco meat in 1 tortilla and top with your favorite taco ingredients.

Taco Seasoning

Recipe adapted from *Spark People*

Makes: 1 seasoning packet

Ingredients:

- 1 tablespoon chili powder
- 2 teaspoons onion powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon oregano

Directions:

Mix together all ingredients. Store in an air-tight container.

