

Warm Mushroom Salad with Ginger Vinaigrette

EASY recipe

- ¼ cup olive oil
- ¼ cup peeled fresh ginger,
cut into matchsticks
- 2 tbsp balsamic vinegar
- Salt and pepper to taste
- 2 cloves garlic, chopped
- 1 tbsp minced ginger
- 4 cups chopped fresh mushrooms
(use a variety, such as shiitake,
oyster, cremini, button)
- 6 cups mixed salad greens

Heat oil in a small skillet over medium. **Once** hot, add ginger sticks. **Stir-fry** for 6 minutes or until crunchy. **Remove**, drain on paper towel and set aside for garnishing. **Pour** remaining warm oil into small bowl and allow oil to cool. **Add** vinegar, salt and pepper to make vinaigrette. **Add** 1 tbsp of vinaigrette to a large skillet set over medium heat. **Add** garlic and minced ginger and sauté 1 minute. **Add** mushrooms and cook until soft, about 7 minutes; remove mixture from heat and allow to cool slightly (very hot mushrooms will wilt the greens). **Put** greens on a platter and top with warm mushrooms. **Add** remaining vinaigrette and garnish with crunchy ginger sticks.



Makes 4 servings. Per serving:

173 calories | 3g protein | 14g total fat | 2g saturated fat | 10g mono fat
2g poly fat | 12g carbohydrate | 2g sugar | 3g fiber | 160mg sodium