

## Sautéed Mushroom Salad

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 7 minutes

Cooking Time: 12 minutes

Serves: 4

8	cups spring mix (assorted baby salad greens)
1	tablespoon olive oil
1	pound white button or crimini mushrooms, cleaned, trimmed and quartered
1/2	cup shallot or onion, thinly sliced
1/2	cup red pepper, diced
1	teaspoon garlic, minced
1	tablespoon red wine vinegar
1/2	teaspoon sugar
1/2	teaspoon salt
1/8	teaspoon freshly ground black pepper
2	tablespoons chives, minced

Divide spring mix among 4 serving plates; set aside.

Heat oil in a large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Turn the mushrooms and stir in shallot or onion, red pepper and garlic. Cook for 5 minutes, or until shallot or onions begin to soften.

Remove from heat and transfer to a separate bowl. Stir in vinegar, sugar, salt and pepper and mix until sugar is dissolved. Spoon mushroom mixture on top of greens and scatter fresh chives on top. Serve immediately.

### Nutrition Facts per serving

Serving Size (273g)

		<u>Daily Value</u>
Calories	100	
Calories from Fat	35	
Total Fat	4g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	330mg	14%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	12%
Sugars	5g	
Protein	5g	
Vitamin A		80%
Vitamin C		90%
Calcium		8%
Iron		10%