



## **Sautéed Mushroom Salad**

*Recipe courtesy of the Mushroom Council and mushroominfo.com*

Preparation Time: 7 minutes

Cooking Time: 12 minutes

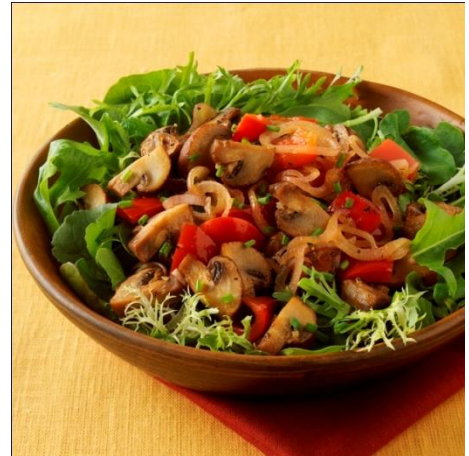
Serves: 4

- 8 cups spring mix (assorted baby salad greens)
- 1 tablespoon olive oil
- 1 pound white button or crimini mushrooms, cleaned, trimmed and quartered
- ½ cup shallot or onion, thinly sliced
- ½ cup red pepper, diced
- 1 teaspoon garlic, minced
- 1 tablespoon red wine vinegar
- ½ teaspoon sugar
- ½ teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons minced fresh chives

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**

Serving Size (257g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 130	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 7g	<b>11%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 370mg	<b>15%</b>		
<b>Total Carbohydrate</b> 12g	<b>4%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 5g			
<b>Protein</b> 7g			
<b>Vitamin A</b> 60%	• <b>Vitamin C</b> 60%		
<b>Calcium</b> 10%	• <b>Iron</b> 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Each serving provides:** 130 calories, 7g fat (11% Daily Value), 2.5g saturated fat (13% Daily Value), 10mg cholesterol (3% Daily Value), 370mg sodium (15% Daily Value), 3g dietary fiber (12% Daily Value), 7g protein, 60% Daily Value for vitamin A, 6% Daily Value for iron, 60% Daily Value for vitamin C, 10% Daily Value for calcium, 1% Daily Value for vitamin D, 22% Daily Value for potassium, 42% Daily Value for selenium