



## 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	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein 7g</b>	
Vitamin A 60%	• Vitamin C 60%
Calcium 10%	• Iron 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