

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Spinach & Warm Mushroom Salad

Makes: 4 servings • **Active Time:** 30 minutes • **Total Time:** 30 minutes

Ingredient

- 8 cups spinach, tough stems removed
- 2 cups coarsely chopped radicchio
- 2 tablespoons extra-virgin olive oil, divided
- 2 slices bacon, chopped
- 1 large shallot, halved and sliced (1/2 cup)
- 3 cups sliced mixed mushrooms, such as shiitake, oyster and cremini (whatever you can find!)
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons white balsamic vinegar
- 1/2 teaspoon honey



Preparation

1. Combine spinach and radicchio in a large bowl.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add bacon and shallot and cook, stirring, until the bacon is crisp, 4 to 5 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms are tender, 5 to 7 minutes. Remove from heat and stir in the remaining 1 tablespoon oil, vinegar and honey, scraping up any browned bits. Immediately pour the warm vinaigrette over the spinach mixture and toss to coat.

Nutrition Serving Size about 2 cups - 137 calories; 9 g fat (1 g sat, 6 g mono); 3 mg cholesterol; 11 g carbohydrates; 1 g added sugars; 5 g protein; 3 g fiber; 260 mg sodium; 618 mg potassium.

