



Sides| PEAK SEASON: Winter

Mushroom & Herb Chopped Salad

Recipe by: Kiandra Call

This fresh and comforting salad pairs finely chopped leafy greens with warm, savory mushrooms and a bright mix of fresh herbs. Lightly dressed and finished with crunchy pecans, this salad is a flavorful way to support digestion and heart health.

Nutritional Info

Serving size 1 ½ cups of salad

Calories: 180

Carbs: 10g

Fiber: 3g

Protein: 5g

Fat: 14g

Sugars: 2g

Sodium: 150mg

Ingredients

- 4 cups of spinach and/or arugula, finely chopped
- 1 cup of black pearl oyster mushrooms, chopped
- 2 tbsp fresh mint, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- 1 tbsp fresh dill, finely chopped
- ¼ cup of pecans, crushed or chopped
- 1tbsp olive oil or avocado oil
- 1 tbsp lemon juice or apple cider vinegar
- 1 garlic clove, minced
- pinch of salt and pepper

Instructions

1. Heat olive or avocado oil in a skillet over medium heat
2. Add mushrooms and cook 5-7 minutes until golden and tender.
Season with salt and pepper AFTER it's finished cooking. Set aside.
3. In a large bowl combine chopped greens and herbs.
4. Spoon warm mushrooms over the greens.
5. Mix together the lemon juice, minced garlic and olive oil and drizzle over top of salad just before serving.
6. Finish with chopped pecans for an added crunch!
7. Serve on it's own as a side dish or snack or pair with your favorite lean protein and a complex carb for a full, balanced meal.

Additional Info

- Chopped salads are a great way to fit a lot of veggies into one salad. This is a favorite for people still getting used to eating raw salads.
- Pairing leafy greens with healthy fats helps absorb fat-soluble vitamins.
- Warm vegetables are sometimes easier for people to digest salads so adding cooked mushrooms on top is a great way to have the best of both worlds.

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