

Mushroom Salad with Maple Vinaigrette

Recipe By *Estee Kafra*



Cooking and Prep:  25
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Serves:  8

No Allergens

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Low Fat,
Low Carb, Vegan, Pescetarian,
Gluten Free

Source: Family Table by
Mishpacha Magazine

A wonderful combination of salad ingredients that will enhance any meal. You can add sliced grilled chicken and make it into an appetizer as well.

Ingredients (14)

Main ingredients

- 1 tablespoon oil
- 1 red bell pepper, cut into thick strips and then squares
- 2 cups cremini mushrooms, peeled and quartered
- salt and pepper, to taste

- 1 (16-oz./450-g.) bag Romaine lettuce or spinach leaves
- 2 cups sugar snap peas, cut on the diagonal into strips
- 1/2 cup salted and roasted corn nuts
- 1/2 a red onion, thinly sliced

Dressing

- 1/2 cup Gefen Light Olive Oil
 - 6 tablespoons white distilled vinegar
 - 2 tablespoons Haddar Dijon Mustard
 - 2 tablespoons maple syrup
 - 1 and 1/2 teaspoons crushed fresh garlic or 1 and 1/2 cubes Gefen Frozen Garlic
 - pinch salt
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Start Cooking

Prepare the Salad

1. Heat oil in a frying pan and sauté the peppers and mushrooms just until softening. Season with salt and black pepper.
2. For the dressing, place all the dressing ingredients in a tightly sealed jar and shake vigorously before using.
3. To serve, place the lettuce in a large salad bowl and top with sliced sugar snap peas and sautéed mushrooms and red peppers. Top with corn nuts and red onion. Pour the desired amount of dressing onto the salad immediately before serving.

Note:

For Shabbos meals, you can sauté the mushrooms and peppers in advance and refrigerate.

Tip:

To add protein, simply shred some deli or chicken and mix it right in.

Credits

Photography: Hudi Greenberger

Styling: Janine Kalesis