

Pan-Roasted Mushroom Salad

This spring salad is bursting with the flavors of earthy mushrooms, sautéed garlic, spicy arugula and tangy citrus.



fresh
MUSHROOMS



Prep Time: 5 minutes



Cook Time: 15 minutes



Total Time: 20 minutes



Yield: 4 servings

INGREDIENTS

16 oz crimini mushrooms, cleaned
and stems removed
4 tbsp high quality olive oil
4 cloves garlic, minced
2 handfuls fresh arugula
2 lemon slices
Kosher salt and freshly cracked
black pepper

INSTRUCTIONS

Heat a large skillet over medium-high heat.
Add the oil and wait for 30 seconds.

Add the mushrooms and cook, stirring infrequently
for 10-12 minutes until the edges start to turn
golden brown.

At the last minute, add the garlic and season with
salt and pepper. Sauté for 60 seconds until the
garlic is fragrant.

Remove the skillet from the heat and let the
mushrooms cool for about 5 minutes before adding
in the arugula. Once the arugula has been added,
toss everything so the greens are coated in the
garlic-olive oil mixture and serve immediately.
Add the juice of a few lemon slices for an extra zip.

Recipe courtesy of Gaby Dalkin, whatsgabycooking.com

Find more delicious recipes at www.mushroomcouncil.com