

Mushroom and Lentil Salad

Chef Cynthia Monroe

Serving: 4

Salad Ingredients

4 T	oil, divided
12 oz	mixed mushrooms (I used blue and golden oyster)
2 ea	green onion, chopped
8 oz	mixed vegetables (carrots/green beans) chopped
2 tsp	fresh thyme leaves
3 T	Lemon juice
1 ½ c	cooked lentils (canned or cooked from dry)
½ tsp	salt and pepper
3 T	grated parmesan cheese (or nutritional yeast if making vegan)
8 c	arugula, spinach, or mixed greens for serving

Creamy Garlic Dressing Ingredients

3 T	creamy cashew butter
3 T	oil
2 T	fresh lemon juice
1 tsp	dijon mustard
1 tsp	garlic, paste
3 T	water

Instructions

Prepare Creamy Garlic Dressing:

1. In a medium bowl, combine cashew butter, oil, lemon juice, dijon, garlic, and a pinch of salt; stir to combine. Gradually whisk in water in 1 tablespoon increments until smooth and creamy. Taste and season with additional salt, if needed. Set aside.

Prepare Mushroom and Lentil Mixture:

1. Heat 2 tablespoon oil in a large skillet over medium-high. Add mushrooms and cook, undisturbed, for 3 minutes. Reduce heat to medium, add vegetable mixture, green onion and thyme, toss to combine, and continue cooking until mushrooms are golden and carrots are soft, about 5 to 7 more minutes.
2. Add additional 2 tablespoon oil, along with balsamic vinegar, lentils, salt, and black pepper; cook 2 more minutes. Stir in Parmesan cheese or nutritional yeast.

Assemble Salads:

Arrange greens in a serving bowl and spoon lentil and mushroom mixture ovetop. Drizzle with dressing and garnish with additional Parmesan cheese (or nutritional yeast) and black pepper, if desired.