



THIA GINGER PORTOBELLO SALAD (COPY)

This beautiful salad features a grilled portobello mushroom as it's centerpiece, and is as delicious and satisfying as it is nutritious!

 20 minutes 25 minutes 4 portions

INGREDIENTS

- 3 cups of arugula, raw [60 g]
- 1/2 cup chopped of onions, young green, tops only [36 g]
- 1/4 cup of coriander [cilantro] leaves, raw [4 g]
- 1 cup, chopped of peppers, sweet, red, raw [149 g]
- 1 cup of quinoa, cooked [185 g]
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- 2 cups of slices of mushrooms, portabella, grilled [242 g]
- 1 tsp of ginger root, raw [2 g]
- 4 tbsps of soy sauce made from soy [tamari] [72 g]
- 1/4 cup of honey [85 g] or 1 tablespoon of oil, sesame, salad or cooking [14 g] or 1/4 cup of vinegar, cider [120 g]

COOKING METHOD

- 1° Toss arugula, green onion, cilantro and peppers [red and orange bell] and cooked quinoa in a salad. Whisk together soy sauce [coconut aminos], vinegar [rice vinegar is best], finely chopped ginger, honey and sesame oil. Set aside. Grill mushrooms over med-high heat for 4 minutes each side. Top the salad with mushrooms, drizzle with dressing, and enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (252 g)	% DRI
ENERGY	75 kcal	189 kcal	9 %
FAT	1 g	4 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	408 mg	1027 mg	43 %
CARBOHYDRATE	13 g	33 g	11 %
SUGARS	4 g	11 g	—
FIBER	2 g	5 g	21 %
PROTEIN	4 g	9 g	—