

Mushroom and Avocado Salad

Printed from Salad Recipes at <http://www.saladrecipes.org/>

This gourmet salad is surprisingly elegant for using such simple ingredients! Rustic bread, crisp lettuce, marinated mushrooms, and tender avocado are tied together into a hearty meal that is perfect for a late lunch or elegant dinner. Serve with a glass of wine for a delicious evening meal.

Ingredients:

12 Italian bread slices, grilled
6 lettuce leaves
1 medium avocado
1 lb white mushrooms
12 oz red bell pepper, diced
12 oz green bell pepper, diced
½ cup of sherry wine vinegar
½ cup of basil leaves, chopped
¼ cup of whole grain mustard
1/8 cup of olive oil

Directions:

1. In medium mixing bowl combine mustard, vinegar, basil, peppers, and olive oil. Set aside.
2. Wash and slice white mushrooms.
3. Add to dressing and marinate for 15 minutes.
4. Toast Italian bread and assemble salad by topping bread with lettuce, placing a spoonful of mushroom mixture on top of the lettuce, and topping with a slice of avocado. Serve immediately.

Author: Catherine Herzog