

Roasted Mushroom, Kale and Asparagus Salad

Prep time:

10 minutes

Cook time:

20 minutes

Yields:

4 servings

Ingredients:

1 pound mixed mushrooms (shiitake, oyster, cremini), chopped

1 pound asparagus, tips left whole, stalks diced, bottoms removed)

1 tablespoon minced garlic

2 tablespoons balsamic vinegar, divided

4 tablespoons olive oil, divided

1 bunch kale, stems removed, leafs sliced, chopped or shredded by hand

¼ cup sliced or slivered almonds, toasted

Salt and pepper to taste

Directions:

For the mushrooms and asparagus:

Preheat oven to 425. In a bowl mix together garlic, balsamic, olive oil, salt and pepper. Toss mushrooms and asparagus in this mixture until well coated. Place on sheet pan lined with parchment paper or sprayed with oil. Roast for 10-12 minutes or until lightly browned.

Meanwhile, massage the kale with remaining balsamic and olive oil and season with salt and pepper. Add roasted mushrooms, asparagus and half the almonds to the kale, toss well and transfer to serving bowls. Sprinkle with remaining almonds before serving.

Chef Mat Shalenko

June Health and Wellness