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GEM STATE
MUSHROOMS

Mushroom and Lentil Salad

Serving: 4

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
- ¼ c balsamic vinegar
- 1½ 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

- 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 tablespoons 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.