



Red Pepper, White Button Mushroom and Blue Potato Salad

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

- 6 2-inch blue potatoes
- 1/4 cup olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced fresh rosemary
- 1 teaspoon salt
- 12 large white button mushrooms, halved
- 2 red bell peppers, cut into 2-inch pieces
- 4 cups mache or arugula lettuce



Preheat grill. While grill heats, boil water and blanch potato cubes for 5 minutes, then cut in half and set aside.

In a large mixing bowl, whisk together oil, vinegar, mustard, rosemary and salt. Add mushrooms, potatoes and pepper pieces and toss to coat, then skewer individually, to create four skewers of each ingredient. Reserve the remaining marinade and grill vegetables until tender, turning once, about five to ten minutes total.

Split lettuce between four plates and place one of each skewer on top; drizzle with reserved marinade and serve either warm or cold.

Each serving provides: 200 calories, 14g fat (22% Daily Value), 2g saturated fat (10% Daily Value), 0mg cholesterol, 620mg sodium (26% Daily Value), 3g dietary fiber (10% Daily Value), 3g protein, 210% Daily Value for vitamin C, 45% Daily Value for vitamin A, 18% Daily Value for potassium, 6% Daily Value for selenium, 6% Daily Value for iron, 4% Daily Value for calcium, 3% Daily Value for vitamin D

Nutrition Facts	
Serving Size (199g)	
Servings Per Container	
Amount Per Serving	
Calories 200 Calories from Fat 130	
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 3g	
Vitamin A 45%	Vitamin C 210%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	