

Spinach and Mushroom Salad – Vegan

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Yield: 8 cups
Serving Size: 4
Calories per serving: 104
Fat per serving: 1 gram

Ingredients

- 8 cups spinach, tough stems removed
- 2 cups radicchio, chopped
- 1 red onion, sliced
- 3 cups sliced mushrooms
- 2 tablespoons vegetable broth, Trader Joe's low sodium
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon honey
- 1/4 teaspoon black pepper

Instructions

1. Heat vegetable broth in a large skillet over medium heat.
2. Add onion, mushrooms, pepper, and cook until mushrooms are tender, about 5-6 minutes.
3. Add spinach, radicchio, vinegar and honey, stir for 1-2 minutes. Remove from heat and serve.

Notes

Nutrition facts (per serving – 2 cups): Calories: 104, from fat: 0, total fat: 1g, cholesterol: 0mg, sodium: 100mg, total carbohydrate: 16g, fiber: 4g, sugar: 2g, protein: 11g.