



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

## Mushroom Salad

### Servings

2 servings

### Ingredients

- 3 cups spinach
- ½ cup sliced mushrooms
- ½ cup croutons
- 2 tablespoons vegetable oil
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- salt and pepper to taste



### Directions

1. In a large bowl, combine spinach, mushrooms, and croutons
2. In a jar with a lid, combine oil, vinegar, sugar, lemon juice, salt, and pepper
3. Shake the jar until all ingredients are fully mixed
4. Drizzle dressing over the salad and toss to coat

### Nutrient content per serving

- Calories- 182cals
- Carbs- 10g
- Protein- 2.5g
- Fat- 15g
- Sodium- 76.5mg
- Fiber- 1g

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