

Grilled Portobello Mushroom Salad

4 Portobello Mushroom Caps
8 cups fresh spinach, washed and dried
1 small chopped vine ripe tomato
8 slices avocado
¼ cup walnuts, toasted
2 tbsp fresh chopped basil
1 tbsp Olive oil
2 tbsp Raspberry balsamic vinegar
1 tsp Garlic powder

Heat 1 Tbsp olive oil in large sauce pan over medium heat. Add Portobello mushroom and cover for 4-6 minutes or until cooked. Meanwhile, dry roast walnuts in small sauté pan for 3-5 minutes. Add spinach, tomato, avocado and walnuts to mixing bowl. Add vinegar, oil and garlic powder. Top with grilled Portobello mushroom and basil. Serve.

Serves 4.

Calories 170 Fat 11g Carbohydrate 14g Fiber 6g Protein 5g Sodium 85mg