Grilled Portobello and Asparagus Salad with Basil

1 tablespoon Olive oil, plus 2 tsp
2 tablespoons balsamic vinegar, plus 1 tablespoon
2 garlic cloves, minced
3 tablespoons fresh basil, chopped
Dash of salt
¼ tsp fresh ground pepper
4 Portobello Mushroom Caps, washed and dried
1 lb fresh asparagus, washed and bottoms removed
4 roasted red peppers
8 cups mixed field greens
¼ cup cherry tomatoes
4 oz fresh mozzarella

Whisk together 1 tbsp olive oil, 2 tbsp balsamic vinegar, garlic, 1 tbsp basil, salt and pepper. Add mixture to mushrooms and asparagus. Allow to marinade at least 20 minutes. Prepare grill or sauté pan. Cook mushrooms and asparagus until mushrooms are soft and asparagus are slightly crisp, about 5-7 minutes. Place roasted red pepper and 1 oz of cheese on each mushroom. Continue to cook until cheese is melted and pepper is heated through.

Meanwhile, mix field greens and tomatoes in medium bowl. Lightly dress with remaining oil and vinegar. Place 2 cups greens in each bowl. Remove mushrooms and asparagus from grill and place one on top of each salad and evenly distribute asparagus. Serve.

Serves 4.

Calories 240 Fat 13g Carbohydrate 22g Dietary Fiber 7g Protein 12g Sodium 420 mg