

WILD MUSHROOM, FARRO, ASIAGO, SPINACH SALAD, GARLIC TRUFFLE DRESSING

Serving size: ½ cup

Makes 6 servings

- ¼ cup Turnips, diced
- 2 tsp Olive Oil
- ½ cup Wild Mushrooms
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- 1 small clove Garlic
- 1/8 tsp Olive Oil
- ¾ tsp Lemon Juice
- 3 tsp Light Mayonnaise
- 1 TBSP Buttermilk
- 1/8 tsp Black Pepper
- ¾ tsp Apple Cider Vinegar
- ¾ tsp Parmesan Cheese
- 2 cups Baby Spinach
- ½ cup Farro, cooked
- ¾ tsp Thyme, chopped
- 1-1/2 tsp. Parsley, chopped
- ¾ tsp Rosemary, chopped
- 2 TBSP Dried Currants
- 2 TBSP Asiago Cheese, shredded
- ¼ cup Red Onion, thinly sliced
- ¾ tsp Truffle Oil

Preparation:

To Prepare Roasted Mushrooms and Turnips:

1. Toss turnips with 1 tsp olive oil. Place turnips on a sheet tray and roast for 10-15 minutes in a 350°F oven. Toss mushrooms with 1 tsp olive oil. Add mushrooms to sheet tray and season vegetables with salt and pepper. Continue roasting until golden brown and tender, about 10-15 minutes.

To Prepare Creamy Garlic Dressing:

1. Coat garlic with oil. Wrap in foil. Roast in 350°F oven until soft and golden.
2. Using a blender or burr mixer, combine roasted garlic, lemon juice, mayonnaise, buttermilk, black pepper, apple cider vinegar and parmesan cheese and blend until smooth.

To Prepare Salad:

1. In a mixing bowl, combine baby spinach, roasted turnips, roasted wild mushrooms, farro, thyme, parsley, rosemary, currants, asiago, red onions, creamy garlic dressing and truffle oil. Gently fold all ingredients until well combined.



Registered Dietitian Approved!

NUTRITION FACTS PER SERVING

calories	75
total fat (g)	3
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	80
total carbohydrate (g)	10
dietary fiber (g)	1
sugar (g)	3
protein (g)	3

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MUSHROOMS

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