

# Walnut, Avocado & Pear Salad with Marinated Portobello Caps & Red Onion

By: The Oh She Glows Cookbook, Angela Liddon

## Ingredients:

2 large portobello mushrooms (other mushrooms can be substituted)  
1/2 red onion, thinly sliced  
1 recipe Effortless Anytime Balsamic Vinaigrette (see below)  
1 tbsp olive oil  
1 (5 oz.) serving mixed greens  
2 ripe pears, peeled, cored and chopped  
1 avocado, pitted and chopped  
1/3 cup walnuts (toasting is optional)

## Instructions:

1. Gently rub the outside of the mushrooms with a damp towel to remove any debris. Remove the stems by twisting the stem until it pops off; discard it or freeze for another use, such as stir-fry. With a small spoon, scrape out and discard the black gills.
2. In a large bowl, combine the mushroom caps, onion, and half of the balsamic vinaigrette and toss until fully coated. Marinate the mushrooms and onion for 20-30 minutes, tossing every 5-10 minutes.
3. Add olive oil to saucepan and saute mushroom and onion mixture until onion translucent. Remove from heat and set aside until mushrooms and onion are cool enough to handle, then slice the mushroom caps into long strips.
4. For each salad, place a few handfuls of mixed greens in a large bowl and top with half of the chopped, pear, avocado, walnuts and sauted mushrooms and onion.
5. Drizzle the salad with some of the remaining balsamic vinaigrette and enjoy!

Serves: 2

gluten-free, soy-free, refined sugar-free, grain free

## Balsamic Vinaigrette

## Ingredients:

1/4 cup apple cider vinegar  
3 tbsp flaxseed oil or extra-virgin olive oil  
2 tbsp balsamic vinegar  
2 tbsp unsweetened applesauce  
1 tbsp pure maple syrup  
1 1/2 tsp Dijon mustard  
1 garlic clove, minced  
1/4 tsp sea salt  
freshly ground pepper

## Instructions:

In a small bowl, whisk together all the ingredients or simply combine them in a jar, screw on the lid, and shake. This dressing will keep in an airtight container in fridge for at least 2 weeks.



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