



Green Herb Salad with Black Trumpet Mushrooms

Serves 6

Spring herbs are especially tender and succulent, and I like to use them as full-fledged ingredients in green salads, an equal partner with the lettuce. I couldn't resist a pile of black trumpet mushrooms I saw at the market, so I added them as well.

- 2 tablespoons + 1 teaspoon extra virgin olive oil
- 2 teaspoons sherry vinegar
- 1 teaspoon coarse sea salt or kosher salt
- ½ teaspoon freshly ground black pepper
- 1 small butter head lettuce, torn into bite-size pieces, about 4 cups
- ¼ cup tender parsley leaves
- ¼ cup baby arugula
- 2 tablespoons tarragon leaves
- ¼ cup chervil leaves
- 1 tablespoon minced shallots
- 2 ounces black trumpet mushrooms

Instructions: In a salad bowl, mix together 2 tablespoons of the olive oil, the vinegar, ½ to ¾ teaspoon of the salt and ¼ teaspoon

of the pepper. Mix well with a fork and then top with the lettuce, parsley, arugula, tarragon and chervil. Do not toss.

Put the remaining olive oil in a frying pan over medium-high heat. When the oil is hot, add the shallots and sauté until translucent, about 1 minute. Add the mushrooms, sprinkle with the remaining salt and pepper, and sauté just until they wilt, about 1 to 2 minutes.

Remove from the pan to paper towels. Toss the salad and divide it among six salad plates and top each with a portion of the still-hot mushrooms. Serve immediately.

Per serving: 60 calories, 1 g protein, 2 g carbohydrate, 6 g fat (1 g saturated), 0 cholesterol, 361 mg sodium, 1 g fiber