

WARM MUSHROOM AND GOAT CHEESE SALAD



This is a simple dish full of flavor and loaded with health OMEGA3s and all the benefits mushrooms bring. A great appetizer or a larger portion as a meal.

Why use flaxseed oil?

- * Flax Seeds Are Loaded With Nutrients.
- * Flax Seeds Are High in Omega-3 Fats.
- * Flax Seeds Are a Rich Source of Lignans, Which May Reduce Cancer Risk.
- * Flax Seeds May Improve Cholesterol.
- * Flax Seeds May Lower Blood Pressure.
- * They Contain High-Quality Protein.

*

Why are mushrooms good for you:

- * They Have Cancer-fighting Properties.
- * Mushrooms Are Immunity-boosters.
 - * They Help Lower Cholesterol. ...
 - * They're High in B and D Vitamins.

INSTRUCTIONS

4-6 servings as appetizer OR 2-3 servings as a meal

INGREDIENTS

- * Alligga high temperature flaxseed oil
- * 2 shallots, sliced thinly
- * 1 lbs mix mushrooms, slice where needed
- * 1 garlic clove, minced
- * ¼ cup balsamic vinegar
- * 4 cups mixed salad
- * 1 tbsp soya sauce
- * Salt to taste
- * Freshly ground black pepper
- * 150g goat cheese (optional)

INSTRUCTIONS

Sauté garlic and shallots in 3 tbsp flaxseed oil until translucent

Add mushrooms and 4 more tbsp oil

Toss and sauté for 10 min

Add balsamic and soya sauce and toss until coated

In a large bowl toss salad greens with 2 tablespoons of balsamic vinegar, 2 tablespoons of flaxseed oil along with some salt and pepper to taste.

Divide amongst plates.

Top with sautéed mushrooms and finish with goat cheese.