



ITALIAN MARINATED MUSHROOM SALAD

COOK TIME: 5 MINUTES SERVINGS: 50 CALORIES: 125 KCAL

A delicious salad recipe made with steamed, fresh mushrooms! Try this fun salad recipe with mushrooms, peppers, onions, and Italian dressing as a side dish with your next meal!

INGREDIENTS

13-1/2 pounds Mushrooms, fresh
1/3 package Dressing Mix, Italian (6-1/2 oz. pkg)
1-1/4 cup Water
5/8 cup Vinegar, distilled white, 100 grain
2-1/2 cups Oil, vegetable
1-1/4 cup Peppers, sweet green, raw, chopped
1-1/4 cup Onions, raw, chopped

INSTRUCTIONS

1. In a steamer or steam jacketed kettle, cook the mushrooms for 3-5 minutes or until just softened. Chill and reserve.
2. Prepare the Italian dressing according to the directions on the package.
3. Mix the seasoning, vinegar and water together. Slowly drizzle the oil into the seasoning mix while whisking constantly. Reserve.
4. Combine the peppers and onions with the mushrooms and the vinaigrette.
5. Cover and chill for 24 hours.

RECIPE NOTES

*Precision Foods dry Italian dressing mix was used for nutrient analysis.

Crediting: One serving provides 1/2 cup other vegetable.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 125 kcal | Saturated fat: 1.73 g | Sodium: 146.73 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.