



WHATSheATE



Sweet Tooth Mushrooms in a Savoy Cabbage Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



69 kcal

SALAD

Ingredients

- ☐ 1 cup celery leaves dark green loosely packed ()
- ☐ 4 servings cotija cheese (you may substitute ricotta salata, Parmesan or other crumbly, salty cheese)
- ☐ 1 pinch kosher salt
- ☐ 8 ounce tooth mushrooms sweet flavored (hedgehog) (may substitute chanterelle or other mild mushroom)
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper as needed for seasoning ()
- ☐ 0.5 cup citrus champagne vinegar

- ☐ 0.3 cup grain mustard whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ blender

Directions

- ☐ Combine the mustard and vinegar in a blender. Blend to combine. Then, with the machine running, drizzle in about ½ cup of the extra-virgin olive oil. Once it emulsifies and becomes very creamy turn off the machine and pour the mixture into a large jar.
- ☐ Remove any extra large or torn leaves from the outside of the cabbage until you get 4 nicely bowl-shaped leaves, about 5 or 6 inches in diameter. Set each leaf onto a individual salad plate. Set aside. Using a chef's knife, halve the remaining cabbage and remove the core; cut crosswise into thin shards.
- ☐ Roll the celery leaves cigar-style into small logs, cut them crosswise into thin shards as well; work in batches in necessary.
- ☐ Place the cabbage and celery leaves into a large bowl; toss to combine. Dress the mixture lightly with a couple tablespoons of the vinaigrette; set aside. Season with salt and pepper if desired. Prepare the mushrooms: Gently wipe the mushrooms clean with a soft towel to remove any grit and dirt. Use a paring knife to remove any unappetizing or damaged areas. Sweet tooth mushrooms are typically uniformly bite-sized, but other mushrooms may need to be cut into manageable pieces. Use your judgment. In a saucepan set over medium heat, warm the olive oil until it begins to shimmer.
- ☐ Add the mushrooms in as close to a single layer as possible and brown them on one side for about 1 minute. Once they begin to brown, toss the pan and cook 1 or 2 minutes (tossing occasionally) until slightly tender; season lightly with salt.
- ☐ Add the shallots and cook, tossing until the mushrooms are tender; about 2 to 3 more minutes, depending on size and water content. Scrape the mushroom mixture into the bowl with the dressed cabbage mixture; toss to combine. Divide the salad between the 4 cabbage leaf "bowls". Crumble the cotija cheese over the salads to taste. Season with plenty of black pepper.

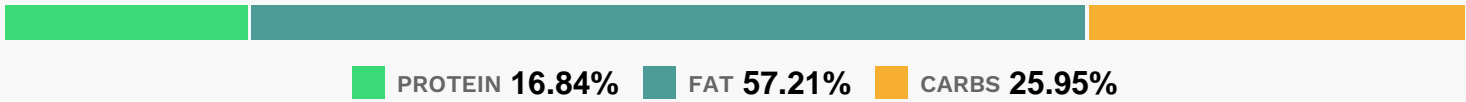
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Serve at room temperature.

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Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:7.4482608644859%

Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 68.6kcal (3.43%), Fat: 4.45g (6.84%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2.14g (2.38%), Cholesterol: 0.51mg (0.17%), Sodium: 428.12mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin K: 19.68µg (18.74%), Vitamin B2: 0.27mg (16.11%), Selenium: 10.95µg (15.64%), Vitamin B3: 2.32mg (11.62%), Copper: 0.22mg (10.79%), Potassium: 370.21mg (10.58%), Vitamin B5: 1.04mg (10.43%), Fiber: 2.18g (8.73%), Phosphorus: 83.73mg (8.37%), Manganese: 0.17mg (8.34%), Folate: 32.14µg (8.04%), Vitamin B1: 0.09mg (5.86%), Vitamin B6: 0.11mg (5.7%), Vitamin A: 281.07IU (5.62%), Magnesium: 20.39mg (5.1%), Vitamin E: 0.72mg (4.83%), Iron: 0.81mg (4.49%), Vitamin C: 3.24mg (3.92%), Calcium: 39.19mg (3.92%), Zinc: 0.49mg (3.28%)