

VeraVia – Portobello Salad with Shrimp, Quinoa and Grilled Tomatoes

Serves 2

Ingredients:

4 cups mixed greens

2 each grilled Portobello mushrooms and tomatoes (recipe follows)

8 oz. large shrimp *sautéed in 2 tsp. olive oil, 1 clove minced garlic, and 1 tsp. fresh thyme*

1 cup cooked quinoa, *simmered in 3 times it's volume in water or stock and cooled (save leftovers for morning porridge or lunch)*

3 tbsp. balsamic vinaigrette (recipe follows)

2 tbsp. chopped basil, julienned plus 2 beautiful sprigs for the garnishing the tops of the salads

Grilled Portobello and Tomato

Ingredients:

2 Portobello Mushrooms and tomatoes

2 tsp. olive oil plus more if necessary

1 tsp. mixed dried oregano, basil, and garlic powder

Salt and pepper

Method:

- Remove caps off mushrooms and set aside (slice these up, add to the others and cook for a side snack!) Core tomatoes and set aside.
- Brush mushrooms and tomatoes with oil and sprinkle with herbs. Add salt and pepper to taste. Grill or broil until sizzling and tender. Remove from heat and set aside.

Balsamic Vinaigrette:

Shake in jar:

1 part balsamic vinegar, 3 parts extra virgin olive oil, 1 clove garlic minced, salt and pepper

Assembling the Salad:

- Slice the mushrooms in wedges, or slices, as preferred.
- Add a teaspoon of vinaigrette and the julienned basil to quinoa and mix to incorporate. Place ½ cup at the center of salad bowls.
- Arrange greens over the top of quinoa. Arrange mushrooms and tomatoes over the greens and drizzle with remaining vinaigrette.
- Top the salad with the shrimp and garnish with fresh basil sprigs.