

Wilted Wild Mushroom Salad

- 1 lb Fresh Greens of your choice
- .5 lb Oyster or Shiitake mushrooms sliced
- 3 to 4 cloves Fresh garlic, minced
- 1 Shallot, diced
- 1 T Sunflower seeds
- 1 T Dijon or similar mustard
- 1 T Honey
- 2 oz Olive oil
- 1 oz Balsamic vinegar
- Fresh herbs to taste, basil, thyme, sage, rosemary etc.
- .5 Lemon or Lime (juice of)
- 1 T Black or Red Currants, dried

Place the fresh greens in a large heat proof bowl and set aside. Heat a medium size skillet and sauté the garlic and shallot until they are aromatic and just starting to brown. Add mushrooms and cook until just tender. Add a little more oil if needed, some mushrooms will soak up the oil like a sponge. Lower the heat and add the mustard, herbs, honey, vinegar, citrus juice, sunflower seeds and currants, blend well. Add salt and pepper to taste and toss with the greens and serve as soon as possible. Any mushrooms will do just fine if you cannot find the woodland type. Freshly grated cheese like parmesan, romano or asiago are nice as a garnish on this wilted salad