Arugula Salad with Goat Cheese Stuffed Mushrooms

Tarla Fallgatter, cooking instructor



SALAD:
4 cups baby arugula
2 whole red bell peppers
1 whole yellow bell pepper
1/3 cup pine nuts, toasted
VINAIGRETTE:
2 tablespoons sherry vinegar
2 tablespoons balsamic vinegar
2 teaspoons mustard, sweet, spicy type
salt and pepper to taste
6 tablespoons olive oil
MUSHROOMS:
5 ounces soft goat cheese
1/2 teaspoon red chili flakes
salt and pepper to taste
2 tablespoons fresh basil, minced
18 medium mushroom caps (stems removed)
3 tablespoons olive oil
1/3 cup Parmigiano-Reggiano cheese, grated

Per Serving (excluding unknown items): 334 Calories; 30g Fat (76.5% calories from fat); 9g Protein; 11g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. VINAIGRETTE: Combine ingredients in a small jar and shake vigorously. Set aside.
2. PEPPERS: Core and remove seeds from bell peppers. Toss with olive oil, place skin side up on foil lined baking sheet and broil until peppers are blistered. Remove from oven and set aside to cool. When cool enough to handle, remove skins and slice peppers and set aside.
3. MUSHROOMS: Mix goat cheese, red chili flakes, salt, pepper and basil together. Toss mushroom caps with olive oil, salt and pepper to taste. Preheat oven to 425°F. Carefully spoon filling into mushrooms and sprinkle lightly with grated Parmesan on top. Bake until golden, about 15 minutes.
4. SALAD: Toss the bell peppers with vinaigrette to coat. Add arugula and pine nuts and toss again, then divide among plates. Top with stuffed mushrooms and serve immediately.