

# Balsamic Tomato & Mushroom Salad

## Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Egg, Gluten, No Added Sugars or Refined Starches

## Easy Swaps

- Capsicum for tomato
- Cheese for avocado

Serves 4

300 grams (approximately 4 cups) of mushrooms – cleaned and chopped

¼ cup (approximately) of balsamic vinegar

¼ cup (approximately) of olive oil or preferred oil

2 red onions – peeled and sliced

1kg of tomatoes – chopped (I use cherry tomatoes normally)

1 bunch of basil – roughly chopped

1 avocado – peeled and diced (optional)

Salt to taste



## Method

1. Place the mushrooms in a large bowl and add balsamic vinegar and oil. Leave at least a few minutes for the mushrooms to soak up some of the liquid
2. Add the onion and mix to coat all ingredients
3. Pour the mixture onto an oven tray lined with baking paper
4. Place the tray in the oven and bake at 180C for 20-30 minutes or until onion is softened and lightly browned
5. Remove tray from the oven and allow to cool
6. Pour mixture into a salad bowl. Add chopped tomatoes, avocado and basil. Toss lightly and serve warm or cold

## Star Nutrients

Vitamin C, Fibre  
Potassium, Vitamins A, E  
B vitamins esp Folate, B3, B6

**Over 3 Serves of Veggies for  
each portion**

## Notes

This recipe is easy to modify. Capsicum can be added and/or used to replace tomato. Serve with meat, fish or poultry. Alternatively fold in bacon or other cooked meats. If tolerated toasted nuts, seeds or cheese could be added for extra crunch or different flavours

© Copyright Marie Hazelwood Dietitian 2016. No part of this publication may be reproduced without the prior permission of the copyright owner