



Dandelion Greens with Pan Grilled Portobello Mushrooms

2 servings

Pan Grilled Portobello Mushrooms

2 large portobello mushrooms, stems removed
½ cup onion diced
2 clove garlic minced
1 cup vegetable or chicken stock or water
3 Tb balsamic vinegar
1/2 tsp dried thyme
½ tsp dried basil

Dandelion Greens

1 lb dandelion greens, tough lower stems removed
2 Tb extra-virgin olive oil
2-4 large garlic cloves, chopped
Pinch of red pepper flakes
Celtic sea salt to taste
1 Tb umiboshi vinegar or lemon juice

- Heat 1/4 cup stock into a large sauté pan. Add onion and garlic and cook for 2 minutes over high heat.

- Add the remainder of the stock, the balsamic vinegar and herbs. Simmer for 2 minutes on medium.
- Add whole mushrooms being careful not to break them. It is OK if the overlap a little, they will shrink while cooking. Season with salt and pepper.
- Cover and simmer on medium for 5 minutes. Flip the mushrooms over and cook on medium-low uncovered. Cook 5-10 minutes more, until mushrooms are tender allowing the liquid to reduce a bit. Set aside to keep warm.

While the mushrooms are cooking prepare the dandelion greens.

- Prepare a bowl of ice water. In a medium pot of boiling water, cook the dandelion greens until they are tender, 10-12 minutes. Drain and transfer the greens to the ice bath to cool. Drain, squeezing out as much water as possible.
- Coarsely chop the greens.
- Heat olive oil in a sauté pan on medium low
- Add garlic and red pepper flakes sauté 30 seconds until slightly softened
- Add dandelions and sea salt. Sauté until coated with oil and heated through, about 4 minutes.
- Season with umiboshi vinegar or lemon juice. Taste for salt.
- Separate the dandelion greens onto 2 plates.
- Heat the mushrooms. Remove each mushroom from the pan onto a cutting board. Slice the cooked mushrooms into thin slices. Place one mushroom on top of each plate of the dandelion greens. Top with remaining mushroom liquid.
- Serve immediately while still warm