

## Salad

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# All-Spiced-Up Raspberry & Mushroom Salad

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Taste of Home Magazine - June/July 2012

**Servings: 4**

**2 tablespoons raspberry vinegar**  
**1 tablespoon olive oil**  
**1 tablespoon red jalapeno pepper jelly**  
**1/4 teaspoon ground allspice**  
**1 pound small fresh mushrooms, halved**  
**1 tablespoon olive oil**  
**4 cups spring mix salad greens**  
**1 cup fresh raspberries**  
**2 tablespoons red onion, chopped**  
**2 tablespoons fresh mint, minced**  
**2 tablespoons sliced almonds, toasted**  
**1/4 cup goat cheese, crumbled**

In a bowl, whisk together the vinegar, olive oil, pepper jelly and allspice.

In a large skillet, cook and stir the mushrooms in olive oil over medium-high heat until tender. Cool slightly.

In a large bowl, combine the salad greens, raspberries, onion, mint and almonds.

Add the mushrooms and vinaigrette. Toss to combine.

Sprinkle with the goat cheese.

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Per Serving (excluding unknown items): 138 Calories; 12g Fat (74.0% calories from fat); 4g Protein; 6g Carbohydrate; 3g Dietary Fiber; 7mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.