



Arugula and Lentil Salad with Mushroom Trio and Pomegranate Dressing

Serving 4

¼ C. Beluga Lentils
1 ½ -2 C. Chicken Stock
1 tsp Herbs de Provence
1 tsp Dijon Mustard
½ C. Blend of Shiitake, Maitake and Royal Trumpet Mushrooms
¼ C. Pomegranate Juice (or Concentrate)
½ C. White Balsamic Vinegar
½ C. Extra Virgin Olive Oil
2 Tbsp. Lime Juice
3-4 C. Arugula
¼ C. Pomegranate Seeds
Sugar, Sea Salt and Black Pepper to taste

1. Simmer lentils in stock herbs and mustard on low heat until tender but not mushy.
2. Sauté Mushroom, taste off with salt and pepper
3. Make dressing blending juices, vinegar and olive oil. Taste off with sugar, salt and pepper.
4. Toss arugula with dressing, lentils, mushrooms and pomegranate seeds.
5. Taste off with salt and pepper.
6. Enjoy with a glass of Fritz Reserve Pinot Noir 2010

Recipe by Chef Helena Gustavsson Giesea October 2014