

# PORTOBELLO MUSHROOM KALE WRAPS



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Finely Shredded Red Cabbage	1 Cup
Chopped Fresh Tomato	½ Cup
Fresh Jalapeño or Fresno Pepper, Sliced	½
Sambal Oelek (Asian Chile Garlic Sauce)	1 Tsp
Vinegar	1 Tbsp
Reduced-sodium Soy Sauce	½ Tbsp
Olive Oil	½ Tbsp

### QUANTITY

### ITEM

Large Portobello Mushroom, Stems Removed and Sliced	1
Medium Red and Yellow Bell Peppers, Cut Into Strips	1
Grated Fresh Ginger	½ Tbsp
Cloves Garlic, Minced	1
Salt and Black Pepper	To Taste
Lacinato Kale Leaves, Thick Stems Removed	6

### QUANTITY



## PREPARATION

- Heat the olive oil in a skillet over medium heat.
- In a large bowl, combine the shredded red cabbage, chopped tomato, sliced jalapeno or Fresno pepper, and strips of red and yellow bell peppers.
- Add the sliced portobello mushroom and sauté until it's tender and slightly browned. Add this to the bowl with the veggies.
- In a separate small bowl or jar, combine the vinegar, sambal oelek, soy sauce, grated fresh ginger, minced garlic, chopped fresh chives and shallots. Whisk or shake well to combine.
- Drizzle the vinaigrette over the vegetables in the bowl. Toss gently to coat everything evenly. Season with salt and black pepper to taste.
- Tear the Lacinato kale leaves into bite-sized pieces, removing any thick stems.
- Add the kale to the bowl with the other veggies and toss to combine.
- Enjoy!