



## Sautéed Arugula and Mushrooms

- 1 Tablespoon olive oil
- 8 ounces portabella mushrooms, sliced
- 1 red onion, diced
- 3 garlic cloves, minced
- $\frac{1}{3}$  cup white cooking wine
- $\frac{1}{4}$  teaspoon salt
- 1 pinch chili pepper flakes
- 1 teaspoon dried Italian seasoning
- 8 cups arugula, ripped into bite size pieces washed and spun dry
- 2 Alaska Grown heirloom tomatoes
- grated cheese (optional)

### DIRECTIONS

1. In a large pan heat oil over medium high heat. Add mushrooms, onions, and garlic stirring all the while cooking about 4 minutes the pan will be dry till the mushrooms release some liquid.
2. Deglaze the pan with cooking wine.
3. Add salt, pepper flakes, herbs, and arugula. Cook till wilted about 2-3 minutes. Stir in tomatoes.
4. Top with cheese

*Winona Benson, Health Coach*