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Creative Food Kitchen (CFK)

## MUSHROOM AND “BACON BITS” SALAD

- 1/2 head lettuce, shredded
- 4 Tbsp of “bacon bits” = sun-dried tomatoes (see recipe instructions)
- 8 mushrooms, sliced
- 1 cup mixed alfalfa and lentil sprouts
- 1/3 of cup sunflower seeds, soaked for a few hours or sprouted
- Olive oil (cold-pressed)
- Mary-Ann’s Garlic & Herb Salt
- A shadow of Bev’s Sattvic Spice
- A few drops each of agave nectar and fresh lemon juice



**To make “bacon bits”:** chop up about a cup of sun-dried tomatoes and presoak in olive oil to soften. Place these chopped sun-dried tomatoes with the olive oil and sliced mushrooms in a bowl and drizzle with more olive oil if needed; don’t over-do the oil – it can be too rich; add agave and lemon juice.

Sprinkle with Sattvic Spice and Garlic & Herb Salt to taste. Mix together, coating the mushrooms well. Place the lettuce in a large salad bowl, top with sprouts, sunflower seeds and mushroom/sun-dried tomato mix. Gently mix allowing the oil from the mushroom/tomato mix to permeate the rest of the salad.