

Summer Salad

- 8 c baby spinach leaves
- 4 hardboiled eggs, thinly sliced
- 6 large mushrooms, finely chopped, (3 ½ cups)
- 2 dry shallots, finely chopped
- 4 T olive oil
- 3 T good balsamic vinegar
- 1/3 c sun-dried tomatoes, finely chopped
- 1/2 c feta, finely chopped
- 1 small avocado, finely chopped (at the last minute)
- sea salt and freshly ground black pepper
- 4 slices healthy bread, lightly brushed with olive oil, cut into small cubes
- 1 scallion, thinly sliced as garnish

Pre-heat the oven to 300F. Bake the tiny croutons for 15 minutes, then turn off the oven and leave them to in to dry out.

Heat 1 ½ tablespoons of olive oil in a non-stick frying pan. Cook shallots on medium high heat for 2 minutes to soften.

Add mushrooms and cook for 5 minutes on medium heat. Sprinkle on a little salt and pepper. Add mushrooms, still warm, to the salad, unless you decide to pack it up for next day's gourmet lunch, in which case you can let them cool off first.

Divide the spinach leaves on 4 plates. Scatter on all ingredients at random or in a pattern, with the croutons and scallions on last. Drizzle a little olive oil and balsamic vinegar on each plate, along with some salt and pepper.