



Arugula Salad with Lemon Vinaigrette

Storage instructions: Store in a sealed jar. Keep up to one week refrigerated.

U.S.

For the Dressing:

1/2 cup	Olive Oil
1/4 cup	Lemon Juice
2 cloves	Garlic, minced
1 tsp	Honey
1/8 tsp	Salt, Kosher
To taste	Black Pepper, ground

Metric

120 mL
60 mL
2 cloves
7 g
0.75 g
To taste

For the Salad:

8 cups	Arugula	160 g
1/4 medium	Red Onion, julienne	1/4 medium
1/4 cup	Shaved Parmesan	25 g
1/4 cup	Chopped Walnuts, toasted	30 g

Preparation:

1. Gather all ingredients and equipment.
2. In a small container with a lid (such as a jar), combine all ingredients for the dressing. Shake well to combine. Refrigerate.
3. Combine arugula, red onion, parmesan, and walnuts in a large serving bowl.
4. Right before service, toss the salad with 1/2 cup of the dressing.

****Nutrition Facts on Reverse**

7/13/20

Nutrition Facts

4 Servings

Serving size **2 cups salad, 1 Tbsp dressing**

Amount per serving

Calories **170**

Total Fat	16 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	8 g
Cholesterol	5 mg
Sodium	140 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Total Sugars	2 g
Includes 0 g Added Sugars	
Protein	4 g
Vitamin D	0 %
Calcium	10 %
Iron	5 %
Potassium	200 mg
Phosphorus	85 mg
