



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

118.3 mL
59.2 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

Serving size	1 cup
Servings	8
Calories	130
Calories from Fat	110
Total Fat	13 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	5 mg
Sodium	100 mg
Carbohydrates	2 g
Dietary Fiber	1 g
Sugars	1 g
Protein	2 g
Vitamin A	10 %
Calcium	6 %
Vitamin C	8 %
Iron	2 %
Phosphorus	45 mg
