



Tossed Arugula Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 3 cups arugula
- ¼ red onion, thinly sliced
- ½ cup cucumber, chopped
- ¼ cup walnuts
- 1 large avocado, chopped
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, combine arugula, red onion, cucumber, walnuts, and avocado.
2. In a mason jar, combine lemon juice, olive oil, garlic, mustard, honey, salt, and pepper. Mix well to combine.
3. Drizzle dressing over the salad and toss to coat evenly.

Nutrition Facts

4 servings per container
Serving size 1 cup (132g)

Amount per serving
Calories 270

% Daily Value*

Total Fat 26g 33%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 3g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 391mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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