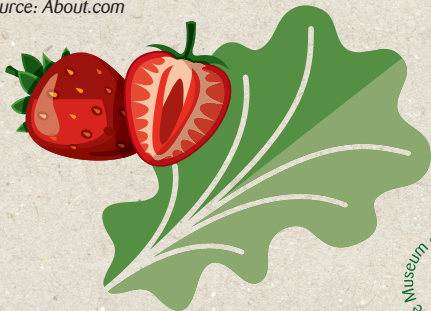


Arugula Salad

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 4 to 6 cups arugula leaves, rinsed and dried

Source: *About.com*



Preparation:

1. In large salad bowl, whisk together oil, lemon juice, and salt to make dressing.
2. Toss with arugula and your favorite salad mix-ins!

Salad addition ideas:

Sliced strawberries
Blueberries
Crumbled feta cheese
Walnuts

Sliced avocado
Broccoli
Chickpeas
Leftover roasted vegetables



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