

Arugula Salad with Oil and Vinegar



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 5 cups fresh, chopped arugula
- 1 oz. chopped walnuts
- 1 tbsp. walnut oil
- 1 tbsp. balsamic vinegar
- 1 pinch salt
- 1 pinch black pepper, freshly ground

Directions:

1. Wash arugula, pat dry.
2. In large salad bowl combine arugula and walnuts.
3. In small bowl whisk together oil, vinegar, salt, and pepper.
4. Pour dressing over salad and toss

Additional Information:

Any salad greens can be substituted for arugula. Olive oil can be substituted for walnut oil.

Nutrition Facts

Makes 4 servings

Serving size: 1 each

Amount per serving:

Calories	93.1
Total Carbs	2.6 g
Dietary Fiber	1 g
Sugars	1.3 g
Total Fat	9 g
Saturated Fat	0.8 g
Unsaturated Fat	8.1 g
Potassium	95.3 mg
Protein	1.9 g
Sodium	34.3 mg