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Recipes

For Doctors Only

## doctor sokol's arugula salad

serves 4

ingredients:

2 handfuls of arugula  
1 small fennel bulb  
4 tablespoons of extra virgin olive oil  
2 tablespoons balsamic vinegar  
3 oz of parmigiano reggiano  
6 tablespoons of pine nuts  
sea salt  
freshly ground pepper

wash and rinse the arugula, pat it dry and remove any wilted leaves or coarse stems, slice the fennel very finely, whisk together the olive oil, the balsamic vinegar, salt and pepper. dry roast the pine nuts in an ungreased pan until golden brown mix all ingredients, serve and top each plate with shaved parmigiano reggiano cheese

