

# Strawberry & Baby Arugula Salad

MIND foods: Leafy greens, berries, olive oil

Serves 4

Time: 10 minutes

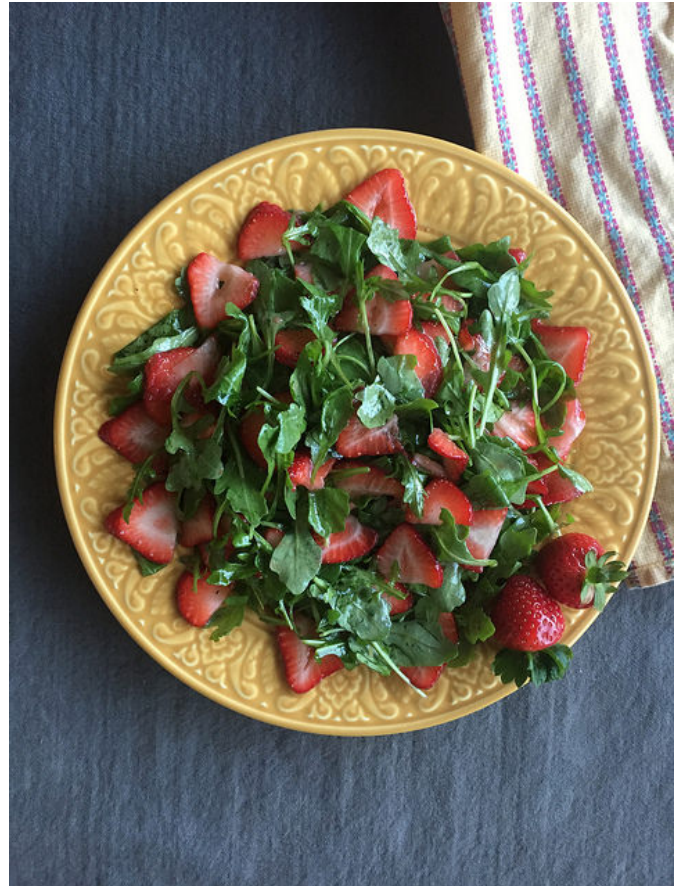
Difficulty: Easy

## Ingredients

- 4 cups pre-washed baby arugula (can substitute baby kale)
- 2 cups sliced strawberries (16 oz)

## Dressing

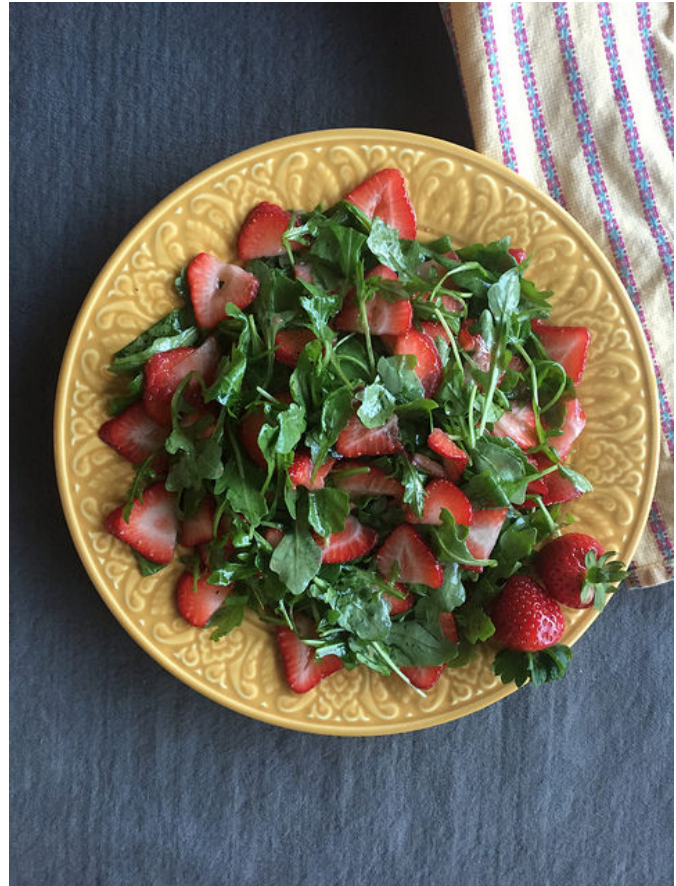
- 1 T champagne vinegar
- ¼ cup extra-virgin olive oil
- ½ lemon, juiced
- Salt and pepper, to taste



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## Method

1. In a medium bowl, combine champagne vinegar, olive oil, lemon juice, salt and pepper, and whisk until well combined. You may have extra.
2. In a large bowl, place arugula. Just before serving, pour half of dressing over greens to lightly dress.
3. Add the strawberries into the large salad bowl and gently fold into the salad.
4. Add more dressing if needed.



## Notes

Be careful not to over-dress baby arugula, as it can be easily overwhelmed. Baby kale is a little hardier, but still delicate. Start with a small amount of dressing, and add more little by little, as desired.

White balsamic vinegar can be substituted in for champagne vinegar.