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Arugula & Strawberry Salad

Makes 4 servings. Recipe adapted from AARP.

Ingredients

1/2 cup chopped walnuts
4 cups baby arugula or torn arugula leaves
2 cups sliced strawberries (about 10 ounces)
2 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
2 tablespoons aged balsamic vinegar (see note)
1 tablespoon extra-virgin olive oil
small handful pomegranate seeds (optional)

Nutritional info per serving

Calories:	202
Total fat:	16g
Cholesterol:	7mg
Sodium:	251mg
Total Carbs:	10g
Dietary Fiber:	3g
Protein:	7g
Potassium:	262mg

Directions

1. Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.
2. Add arugula, strawberries, Parmesan, pepper and salt.
3. Sprinkle vinegar and oil over the salad; toss gently, sprinkle on pomegranate seeds and serve at once.

Tips

Aged balsamic vinegar (12 years or older) is a treat, but not an economical one. If you don't want to spend about for a \$40 bottle, use regular balsamic. Alternatively, bring 1/2 cup regular balsamic vinegar to a boil over high heat in a small skillet. Cook until the vinegar begins to thicken and become syrupy, 2 to 3 minutes.