

5 Flavor Arugula + Beet Salad

Sue Van Raes

THE GOODS

For the Salad:

4-6 robust cups of Arugula

2 cups marinated beets (available at most grocery stores)

1/2 cup goat cheese or feta cheese (dairy-free option with Violife Feta)

1/2 cup candied pecans or walnuts

1/2 cup green onion

For the Dressing:

1 cup olive oil

1/4 cup Balsamic Vinegar

2 cloves garlic minced

1 tsp Dijon mustard

Salt + Pepper to taste

THE METHOD:

Mix all of the salad ingredients into a large salad bowl. Blend the ingredients of the dressing in a blender for a few seconds until smooth. Drizzle over salad and toss until evenly mixed.

Top with your favorite protein or as a side to any meal! Enjoy!

