



Wholesome Arugula Walnut Salad

Ingredients:

- 3 tbs of toasted walnuts
- 2 bunches of arugula leaves (4 cups)
- 2 cups shredded radicchio
- 1 yellow pepper sliced into thin strips
- 3 tbs extra virgin olive oil
- 2 tbs minced red onion
- 1/2 tsp sea salt
- 1 tbs minced fresh parsley
- 2 tbs balsamic vinegar
- 1/4 cup fresh squeezed OJ

Directions:

Clean arugula and tear into bite size pieces. Place in medium-size bowl.

Add radicchio, pepper, and walnuts to arugula and toss. Set aside while preparing dressing.

In skillet, heat 1 tsp olive oil, add red onion, and saute 5 minutes or until soft. Sprinkle salt over red onion and add parsley. Stir.

Just before serving, add remaining olive oil and balsamic vinegar and heat. Remove from heat and add OJ. Pour over salad, toss gently, and serve immediately.

Enjoy!

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