

Salad

Arugula Salad with Shaved Parmesan

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Taste of Home Magazine - April/May 2012

Servings: 4

Start to Finish Time: 15 minutes

6 cups fresh arugula

1/4 cup golden raisins

1/4 cup sliced almonds, toasted

3 tablespoons olive oil

1 tablespoon lemon juice

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1/3 cup shaved Parmesan cheese

In a large bowl, combine the arugula, raisins and almonds.

Drizzle with the oil and lemon juice.

Sprinkle with salt and pepper. Toss to coat.

Divide among four plates. Top with cheese.

Per Serving (excluding unknown items): 175 Calories; 15g Fat (72.9% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 Fat.