

Arugula Salad with Orange and Cranberries

Prep time:

15 minutes

Yields:

8 people

Ingredients:

1 orange sliced into segments
½ cup cranberries
¼ cup toasted walnuts
¼ cup toasted sunflower seeds
1 pound arugula
2 tablespoons balsamic vinegar
3 Tbsp olive oil
¼ cup fresh orange juice
2 Tbsp maple syrup
1 teaspoon salt
½ teaspoon pepper

Directions:

1. In a small bowl, whisk together liquid ingredients, salt and pepper. Place arugula in a larger bowl and mix in walnuts, sunflower seeds, orange and cranberries.
3. Serve and Enjoy.

Chef Mat Shalenko