

Arugula Salad with Lemon Vinaigrette	
Ingredients	Instructions
<ul style="list-style-type: none">• 6 cups fresh arugula leaves• ½ cup whole almonds (walnuts, pecans or pine nuts)• 1 cup of blackberries (strawberries halved, diced apples, sliced pears, grapes, blueberries, dried cranberries or cherries)• 1/4 sweet or red onion, very thinly sliced (optional)• 1/4 cup shaved Parmesan (feta, goat cheese, any cheese you like) (optional) <p>Dressing:</p> <ul style="list-style-type: none">• Juice of 1 lemon• 3 tbsp olive oil• Salt and pepper, to taste• 1 tsp Dijon mustard (soy sauce or tamari) (optional)	<ol style="list-style-type: none">1. Assemble Salad: In a large bowl, combine the arugula, onion, almonds, blackberries, and Parmesan.2. Mix Dressing: In a separate small bowl, whisk together lemon juice, olive oil, salt, pepper, and Dijon mustard.3. Toss & Serve: Drizzle the dressing over the salad and toss gently to coat. Serve immediately.