

# Arugula Salad with Lemon Vinaigrette

## Ingredients:

- 4 cups arugula
- 1/2 cup red or white wine vinegar
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon ground black pepper
- 1/4 cup parmesan cheese, grated

## Directions:

1. Wash arugula, pat dry, and set aside in a medium bowl.
2. Combine vinegar, olive oil, and lemon juice.
3. Toss arugula with dressing to coat. Top with ground black pepper and grated parmesan cheese.

Nutrition Facts	
Serving Size (107g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 250</b>
% Daily Value*	
<b>Total Fat 30g</b>	<b>46%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 15%	• Vitamin C 15%
Calcium 10%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: [julieblanner.com/lemon-vinaigrette](http://julieblanner.com/lemon-vinaigrette)

