Arugula Salad with Sugared Pecans

Ingredients:

- 3/4 teaspoon butter, unsalted
- 1/3 cup pecans, chopped
- 1 teaspoon sugar
- 4 cups leaf lettuce, torn
- 2 cups fresh arugula
- 1 small fennel bulb, thinly sliced
- 1/2 cup grape tomatoes
- 2 tablespoons lemon juice
- 1 tablespoon water
- 1 tablespoon honey
- 1/8 teaspoon salt

Directions

1. In a small heavy skillet, melt butter.
2. Add pecans; cook over medium heat until toasted, about 4 minutes.
3. Sprinkle with sugar; cook and stir for 2 — 4 minutes or until sugar is melted. Spread on foil to cool.
4. In a large salad bowl, combine lettuce, arugula, fennel, and tomatoes.
5. In a jar with a tight-fitting lid, combine lemon juice, water, honey, and salt; shake well. Drizzle over salad and toss to coat.
6. Top with sugared pecans. Serve immediately.

Nutrition Facts

Serving Size 1 cup (107g)
Servings Per Container 6

Amount Per Serving

Calories 120	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 2g	

Vitamin A 50% • Vitamin C 20%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

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