

Pistachio Orange Arugula Salad

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: knife, cutting board, mixing bowl, microplane, whisk

Makes: 2 salads

Ingredients:

- 2 large handfuls of Arugula
- 1 orange, sectioned
- 1 shallot
- 3 tbsp chopped pistachios
- Salt and pepper to taste

Vinaigrette to taste

Directions:

1. Gather your ingredients, cutting board and knife and mixing bowl to toss your greens in.
2. Zest your orange into the bottom of your mixing bowl, segment your orange into wedges and set aside.
3. Add your vinaigrette to the bottom of the bowl with your zest and give it a quick stir with a whisk or a fork (we are making a honey shallot vinaigrette.)
4. Add your greens to the bottom of your mixing bowl and lightly lift from the bottom.
5. Add orange wedges in and pistachios, sprinkle with a touch off salt and plate.
6. Garnish with a little extra pistachios, julienned shallot, or whatever you wish.

Nutrition Information: Nutritionals will largely depend on the vinaigrette you make and the type of toppings you add

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