

Fig and Golden Beet Arugula Salad with Sunflower Seeds

Yields 2

20 min Prep Time

10 min Cook Time

30 min Total Time

Ingredients

For the salad:

3 packed cups arugula
1 large golden beet, peeled, Blade D, noodles trimmed
3-4 figs, stems removed, quartered
1 tablespoon unsalted sunflower seeds

For the dressing:

2 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
1 teaspoon honey
1/2 teaspoon dijon mustard
1 teaspoon freshly squeezed lemon juice salt and pepper, to taste Instructions

Directions

1. In a small bowl, whisk together all of the ingredients for the dressing. Set aside.
2. In a large mixing bowl, add in the arugula and golden beet noodles. Pour in the dressing and toss to combine. Set aside in the refrigerator for 10 minutes. Remove, add in the figs and sunflower seeds and toss to combine again.
3. Divide the salad into two plates.