



Arugula & Mushroom Salad

Serves four

FOR THE DRESSING:

¼ cup of white vinegar

2 TBS of yellow mustard

¼ tsp. black pepper

¼ tsp. salt

¼ cup extra virgin olive oil

Place all the ingredients, except for the oil, into a bowl. Add the olive oil, very slowly, as you whisk continuously. Be patient!

FOR THE SALAD:

4 cups Arugula leaves

½ a cup of sliced red onion

1 cup of sliced white mushrooms

2 hardboiled eggs – chopped

¼ cup shredded Parmesan cheese

Place all of the ingredients in a large bowl. Add the vinaigrette and toss carefully – do not mash the eggs. Serve and enjoy!

CALORIES 202.12; FAT 17.85 grs (sat 3.59; mono 11.38; poly 1.93); PROTEIN 6.57 grs ; FIBER 0.92 grs; CARBS 3.59 grs; CHOLESTEROL 96.85 mg; IRON 0.98 mg; SODIUM 297.13 mg; CALCIUM 113.50 mg