

Arugula and Carrot Salad with Sesame Ginger Dressing

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

4 packed cups baby arugula (4-6 ounces)
2 medium carrots, grated
1 rib celery, thinly sliced
1/3 cup almonds, slivered

Sesame Ginger Dressing:

2 1/2 tablespoons olive or flax oil
1/2 tablespoon sesame oil
2 tablespoons rice wine vinegar
1 tablespoon sesame seeds
1 teaspoon soy sauce or tamari
1 teaspoon honey or agave
1/2 teaspoon grated ginger

Directions:

1. Preheat oven to 350 degrees. Place slivered almonds on a baking sheet and toast for 6-8 minutes or until lightly toasted. Remove from oven and set aside.
2. Combine dressing ingredients in a small bowl and whisk well to combine.
3. Place arugula, carrots, and almonds in a large salad bowl, toss with half of the dressing and serve with remaining dressing on the side.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 180.7
Fat: 14 g
Cholesterol: mg
Sodium: 243.0 mg
Total Carbohydrate: 12.2 g
Dietary Fiber: 3.4g
Sugars: 6.8 g
Protein: 4.3 g