

Arugula Pear Walnut Salad



Ingredients

Salad

- 8 cups arugula
- 2 red pears, thinly sliced
- ½ cup chopped walnuts

Dressing

- 2 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp olive oil
- 1 Tbsp lemon juice

Instructions

- Combine arugula, sliced pears, and chopped walnuts in a medium size bowl.
- In a separate bowl, whisk together Dijon mustard, honey, olive oil, and lemon juice.
- Toss the dressing with the salad ingredients and serve. Yields 4 servings.

Fun Fact

Along with other leafy greens, arugula contains very high nitrate levels (more than 250 mg/100 g). High intakes of dietary nitrate have been shown to lower blood pressure, reduce the amount of oxygen needed during exercise and enhance athletic performance.

For more information about eating healthy, you may contact your health coach at wellness@carehere.com or call **877.866.6430**.

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