

Recipe of the Month from MCHS

Mount Carmel Healthy Living Center

Strawberry Crunch Salad

Ingredients:

- 8 cups arugula
- 1 cup strawberries, sliced or quartered
- 1 avocado, chopped
- 2 ounces goat cheese (about ½ cup crumbles)
- ¼ cup pistachios, roasted and lightly salted
- ½ cup sliced or slivered almonds



Dressing

- 1 ½ tablespoons white wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 garlic clove, grated or minced
- ¼ cup olive oil Pinch of salt and black pepper

Directions:

1. Toss the arugula in a large bowl. Add the strawberries, avocado, goat cheese, pistachios and almonds.
2. Combine vinegar, lemon juice, honey, Dijon mustard, garlic, salt and pepper in a bowl and whisk together. Stream in the olive oil while constantly whisking until the dressing comes together. Store in the fridge for up to one week.
3. Drizzle on the dressing and toss well. Serve immediately!

Nutrition Facts:

YIELD: 4 Servings

Calories: 402cal, Carbohydrates: 19g, Fiber: 7.4g, Sugar: 8.8g (4.3g added sugar), Protein: 9.5g, Fat: 34.5g, Saturated fat: 6g, Cholesterol: 6.5mg, Sodium: 216mg