

# Salad

## Arugula and Tomato Salad

*\* Vegan, Gluten-Free*

Arugula is such a unique food and the peppery bite it has adds a fantastic dimension to salads. The dressing below can be used with other salads too.

### For the Salad You'll Need

- 1 cup arugula
- 12 ripe tomatoes cut into wedges or 36 cherry tomatoes, halved

### For the Dressing You'll Need

- 6 tablespoons cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons Dijon mustard
- Salt and pepper



### Directions

- Wash and dry the arugula, remove the tough stems and arrange on the outside of a platter.
- Whisk together the olive oil, vinegar and mustard.
- Add salt and pepper to taste.
- Toss the tomatoes gently in some salad dressing to coat.
- Place the tomatoes in the center of the arugula.
- Then drizzle some more of the dressing over the arugula.

### Play with Your Food

- Add fresh mozzarella
- Add fresh shredded parmesan
- Top with some additional veggies
- Add some olives