



Arugula Salad with Citrus and Quick Pickled Onions

Makes 2 big salads (About 2 cups each)

- 1/2 small red onion, thinly sliced
- 1/4 cup water
- 1/4 cup rice vinegar or white balsamic vinegar
- 1/2 tablespoon sugar
- 1/2 teaspoon salt
- Two big handfuls of baby arugula
- Two big handfuls of any type of lettuce
- 1-2 navel oranges
- 1 small grapefruit
- 1/2 cup walnuts or pecans, toasted
- 1 avocado, diced
- 2 stalks celery, cut into thin slices
- 3 tablespoons juice from fruit
- 1 tablespoon olive oil
- Salt and pepper



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please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

Directions for the pickled onions

Place the onion slices in a bowl and add the vinegar, water, sugar and salt. Make sure the liquid covers the onion slices. Place a smaller plate or bowl on top of the onions and press gently. Leave plate or bowl in place and set aside for 40 minutes to one hour. When ready, gently squeeze juice out of pickled onions before serving.

Directions for the salad and dressing

Watch this video for making 'citrus supremes' which are citrus slices without the pith and membranes: www.bit.ly/ChefTip

Cut oranges and grapefruit into supremes and then cut supremes in half. Place citrus in a bowl, squeezing any remaining juice out of the membranes and pith into the bowl, and set aside. Remove any long stems from the arugula. Tear the lettuce, if using, into small pieces. Place in a bowl with the arugula. Make the dressing by combining 3 tablespoons juice from the fruit with the olive oil and salt and pepper to taste. Toss the greens with the dressing. Top the salad with nuts, avocado, celery, pickled onions and citrus fruit. Toss lightly and enjoy!

NUTRITION INFORMATION PER 2 CUP SERVING:

Calories	280
Total Fat	21 g
Saturated Fat	2.5 g
Sodium	190 mg
Total Carbohydrate	22 g
Fiber	8 g
Protein	5 g

Cost per serving: \$3.00