



refreshingly healthy

Arugula Red Onion and Orange Salad

Ingredients:

- 1 cup Orange Juice
- 1 clove Garlic, minced
- 1/4 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar
- 1 tsp Curry Powder
- 1 tbsp Grapeseed or Olive Oil
- 4 cups Arugula, Raw, Fresh
- 1/2 Medium Red Onion, thinly sliced
- 2 Navel Oranges, fresh

Recipe Directions:

1. Pour the orange juice into a small pot or saucepan. Bring to a boil and reduce, uncovered, until you have 1/3 cup, about 10 minutes.
2. Combine reduced orange juice in a small bowl along with the garlic, salt, and vinegar. Whisk in the curry powder and oil.
3. Cut a disk off the top and bottom of each orange, slicing through the colored peel and white pith to expose the flesh. Set each orange on one cut end and cut downward, following the contours of the fruit, to remove all the skin and pith to exposing the orange flesh. Cut it crosswise into 1/2-inch thick rings. (A serrated knife does this easily.) Cut into pieces by cutting in between sections.
4. Heat 1" of water in a small pot or frying pan. Bring to a boil and add onions. Blanch for 30 seconds or until onions bend easily. Drain and plunge in cold water and drain again.
5. Place the arugula in a bowl along with the onions and orange segments. Just before serving, toss with the dressing and serve.

Nutrient Analysis:

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| Calories: 106.24 | Protein: 1.82 g | Carbs: 18.11 g | Total Fat: 3.94 g |
| Sat Fat: 0.56 g | Cholesterol: 0.00 mg | Sodium: 155.06 mg | Fiber: 2.36 g |