Arugula, Peach & Feta Salad

2 servings

10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

3 cups Arugula

2 Peach (medium, pit removed and sliced)

57 grams Prosciutto (thinly sliced)

1/4 cup Feta Cheese (crumbled)

2 tbsps Pine Nuts

Nutrition

Amount per serving	
Calories	355
Fat	27g
Carbs	18g
Fiber	3g
Sugar	14g
Protein	13g
Cholesterol	37mg
Sodium	749mg
Vitamin A	1283IU
Vitamin C	19mg
Calcium	152mg
Iron	2mg
Selenium	3µg

Directions

1. In a small bowl, mix together the oil, lemon juice, salt, and pepper.

2. In a serving bowl, add the arugula. Arrange the peach slices and prosciutto on top. Top with feta cheese and pine nuts. Drizzle with the lemon dressing and enjoy!

Notes

Leftovers: Refrigerate the salad and the dressing in separate containers for up to three days.

Serving Size: One serving is equal to approximately 2 1/3 cups.

Make it Vegan: Omit the prosciutto and use a plant-based cheese instead.

More Flavor: Add croutons and cucumber.

Dairy-Free: Use a plant-based cheese instead of feta.

No Pine Nuts: Use walnut or pecans instead.