



arugula *Salad*

with chorizo & roasted garlic vinaigrette

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Ingredients (Arugula Salad)

Serves 4

1 tbsp. (15 ml) extra virgin olive oil
10 oz. (280 g) Spanish chorizo sausage, sliced in ¼" thick pieces
10 oz. (280 g) arugula, torn into bite size pieces
Roasted garlic vinaigrette
3 Paysanne cocktail tomatoes, quartered
Thinly shaved Asiago or Parmigiano-Reggiano cheese
Chopped fresh cilantro for garnish
Salt and pepper to taste

Method (Arugula Salad)

1. Heat extra virgin olive oil in a large skillet over high heat. Add the sausage and cook until lightly brown on both sides. Remove with a slotted spoon and place on a plate lined with paper towels.
2. Toss the arugula in a large bowl with ¼ cup (60 ml) of vinaigrette. Season with salt and pepper.
3. Toss the tomatoes in a separate bowl with a few drops of vinaigrette to coat.
4. Arrange the arugula among four plates. Place the Paysanne tomatoes and chorizo around the perimeter of the plates. Garnish with shaved cheese, chopped cilantro and drizzle the remaining vinaigrette.

Ingredients (Roasted Garlic Vinaigrette)

8 cloves of roasted garlic 1 tbsp. (15 ml) fresh lime juice
3 tbsp. (45 ml) red wine vinegar ½ cup (120 ml) extra virgin olive oil
1 tbsp. (15 g) chopped red onion Pinch of salt and pepper
1 tbsp. (15 ml) honey

Method (Roasted Garlic Vinaigrette)

1. In a blender, combine the vinegar, onion, honey, lime juice, salt and pepper. Blend until smooth, then add the olive oil until emulsified.

Nutritional Facts per serving (254 g): Calories 670

Fat 61 g (94 %), Saturated Fat 16 g + Trans Fat 0 g (80 %), Cholesterol 70 mg, Sodium 1030 mg (43 %), Carbohydrate 13 g (4 %), Fiber 2 g (8 %), Sugars 7 g, Protein 21 g, Vit A (6 %), Vit C (35 %), Calcium (15 %), Iron (20 %). % = % Daily Value