

# Arugula Salad – Tabitha’s recipe

Arugula (also called wild rocket) is a spring garden treat in the Pacific Northwest, adding spice to mixed greens salads, or great by itself. And if you’ve grown it, you can make a fancy restaurant salad at home. My recipe is quite simple, but you can add shaved parmesan, pine nuts, or plate it over a Compton Family Farm fried egg!

## Dressing Ingredients

- ½ teaspoon Basil (fresh or dry)
- 1 teaspoon Garlic minced
- ½ teaspoon Lemon (Zest)
- ¼ teaspoon Oregano (fresh or dry)
- ¼ teaspoon Dijon Mustard
- 2 tablespoons Lemon Juice
- ¼ teaspoon Black Pepper (Freshly Cracked)
- ½ teaspoon Salt
- 4 tablespoons Olive Oil (Extra Virgin)



Prep Time: 10 minutes Servings: 4 servings

[– DOWNLOAD RECIPE PDF –](#)

## Instructions

Make a lemon garlic dressing from my recipe or use Garlic Expressions brand salad dressing.

Our family has been trying to cut back on our sugar intake and we found that the Garlic Expressions brand has sugar in it.

Pour your favorite garlic dressing over Arugula for a simple lovely salad.

Options

Shaved Parmesan

Toasted pine nuts

Serve over a Compton Family Farms fried egg