

# NOURISH

holistic health & nutrition

## *Blueberry + Walnut Arugula Summer Salad*

Serves: 2-3    Prep + Cook Time: 10 minutes

### ***Ingredients***

- 4 cups arugula
- 1 cup blueberries
- 2/3 cups walnuts
- 2/3 cups shredded goat cheese
- 1/3 cup red onion, sliced thin
- 2 tbsp organic, extra virgin olive oil
- 2 tsp raw honey
- 1 tbsp lemon juice
- 1 tsp oregano
- a dash of salt and pepper

### ***Instructions***

1. For the dressing, mix the lemon juice with the honey, stir well and then add the olive oil, slowly, until combined. Add the oregano, pepper and salt (not too much if the goat cheese is salty).
2. Put arugula in a salad bowl. On top of it add the sliced onion, walnuts, goat cheese + blueberries.
3. Drizzle the dressing and serve immediately.