DietCloud – Recipe

Recipe Name: Arugula & Fig Salad Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Arugula leaves - roots removed and washed • 10 Fresh Figs - quatered • 1 cup Green beans (French Beans) - cut into 2 inch lengthwise • 2 tablespoon Red Wine Vinaigrette • 2 tablespoon Sunflower seeds • 1/2 cup Lemon juice • 1 tablespoon Extra Virgin Olive Oil • 1 tablespoon Honey • 2 tablespoon Tabasco Original - Hot Sauce • Salt - to taste • Black pepper powder - for seasoning	4

Preparation

• We begin making the Arugula & Fig Salad Recipe by washing the arugula leaves well with water and drain all the water and keep it aside.
• Next heat a small skillet, add the figs and let it sizzle for few minutes and a tablespoon of red wine vinaigrette and toss it over.
• Cook for 2 more minutes and set aside.
• Do the same thing for green beans as well.
• Then to make the dressing squeeze in the lemon juice and whisk in all the other ingredients till it it emulsifies.
• Drizzle half of it on the arugula leaves and toss over, check for seasonings.
• Drizzle the remaining over the green beans and figs.
• To serve carefully place the tossed arugula leaves on a serving plate and drop in the figs and green beans and sprinkle few sunflower seeds as well.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)