

Arugula Salad with Shaved Parmesan

The fresh bite of this arugula salad with a simple lemon dressing and shaved Parmesan is made three ways for three easy salad recipe ideas to go with any dinner's main course meal.

Course Salad

Cuisine Mediterranean

Keyword salad

Prep Time 5 minutes

Total Time 5 minutes

Servings 2 servings

Calories 203 kcal

Ingredients

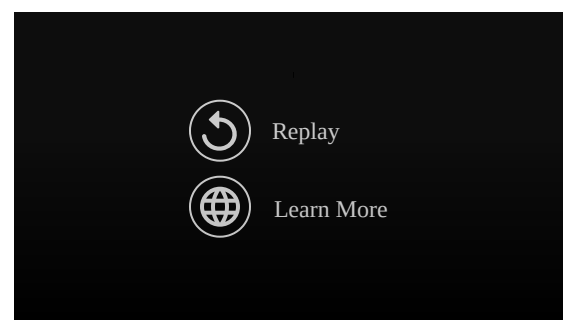
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 cups arugula
- 1/4 cup shaved Parmesan cheese

Instructions

1. In a large bowl, whisk together the olive oil, lemon juice, honey, and salt and pepper.
2. Add the arugula to the bowl and toss. Top with the shaved Parmesan and more pepper taste. Makes 4 cups.

Recipe Notes

- Use a vegetable peeler to shave long ribbons of fresh Parmesan cheese for this easy side salad.



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Nutrition Facts

Arugula Salad with Shaved Parmesan

Amount Per Serving (1 g)

Calories 203 Calories from Fat 162

% Daily Value*

Fat 18g **28%**

 Saturated Fat 4g **25%**

Cholesterol 11mg **4%**

Sodium 784mg **34%**

Potassium 148mg **4%**

Carbohydrates 6g **2%**

 Fiber 1g **4%**

 Sugar 4g **4%**

Protein 6g **12%**

Vitamin A 1057IU **21%**

Vitamin C 12mg **15%**

Calcium 203mg **20%**

Iron 1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.