

Arugula Salad with Blood Orange Dressing

Salad Ingredients

2 cups arugula leaves torn
2 cups baby spinach leaves torn
1 small red onion thinly sliced
1 blood red orange peeled and segmented
¼ cup crumbled feta cheese
¼ cup unsalted sunflower seeds

Blood Orange Dressing Ingredients

½ cup fresh squeezed blood orange juice
1 tblsp. chopped shallots
1 tsp. Dijon mustard
1 tblsp. sherry vinegar
½ cup extra virgin olive oil
salt and pepper

Preparation

On serving platter, mix arugula and spinach as first layer. Place onion, orange segments, feta cheese and sunflower seeds evenly over lettuce.

Whisk together dressing ingredients and drizzle over salad.