



## Arugula, Orange, and Radish Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

- 2 cups arugula
- 1 Naval orange
- 2 Cara Cara Oranges \*
- 2 Blood Oranges \*
- 2 radishes
- 4 tablespoons [Unflavored Extra Virgin Olive Oil EVOO](#) \*
- Salt & Pepper to taste
- 1 teaspoon [Aged Balsamic](#) \*

### Preparation

Peel, pith and slice the oranges (see Chef Tip), saving the juice that collects on the board for the dressing.

Cut the radishes into thin slices and immerse in a bowl of cold water till ready to use. In a small bowl mix together the EVOO, juice from cutting the oranges, salt and pepper to taste.

Toss the arugula in half the dressing and divide between two serving plates to create a bed on each.

Arrange the three kinds of orange slices and radish slices on each plate. Drizzle them with the remaining dressing.

Finish with a few drops of aged balsamic vinegar and serve.

Serves 2

Active Time: 10 minutes. Total Time: 10 minutes

### Notes

\* You are welcome to use just Naval oranges, or even use grapefruit instead if you are unable to find Cara Cara and Blood oranges which add a slight variation in flavor, and a pop of color but are easily substituted.

\* The high quality [unflavored EVOO](#) and [Aged Balsamic](#) enhance the natural flavors of the arugula and oranges giving this salad its clean, amazing taste – Feel free to substitute other high-quality oils and vinegars if you choose

### Chef Tip

To peel, pith and slice the oranges, cut the top and bottom off of the orange to create two flat ends and lay on the flat end on a cutting board.

Using a sharp paring knife or carving knife (with a sturdy blade), slice the skin and pith off the orange in a downward movement (from one flat end of the orange to the other), rotating the orange until you get all the skin off.

Turn over, and clean off the pith and skin from the bottom end. Slice into circles.

Categories: Soups & Salads, Vegetarian, Vegan, Gluten-Free, Dairy-Free, Fruit, Naval Oranges, Cara Cara Oranges, Blood Oranges, Radish, Arugula, Extra Virgin Olive Oil, EVOO, Unflavored Olive Oil, Aged Balsamic, Mediterranean Diet, Plant Based, Salad