



Fresh Arugula and Parmesan Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 8 oz arugula
- 3 tablespoons O&V [Basil EVOO](#) *
- 3 tablespoons O&V [Limoncello vinegar](#) *
- 1 seedless English cucumber, diced
- ½ cup cherry tomatoes, halved
- 1 tablespoon O&V **Runamok Maple Syrup** *
- Shaved parmesan cheese
- ¼ cup toasted pine nuts
- Salt and pepper to taste

Preparation

Whisk together the oil, vinegar and maple syrup in a measuring cup. Season with salt and pepper.

Dice the cucumbers, halve the tomatoes, and shave the parmesan cheese.

Toss the arugula, cucumber, tomatoes, together and pour dressing over the salad. Toss well.

Top with shaved parmesan cheese and toasted pine nuts.

Serves 2-3

Active time 10 minutes Total Time: 10 minutes

Notes

* The [Basil EVOO](#) has a wonderfully fresh and herbaceous flavor. Paired with the [Limoncello Vinegar](#) and **Runamok Maple Syrup**, this dressing has a wonderful citrusy and sweet flavor that complements the spicy arugula.

You can certainly replace the Basil oil with an **Unflavored oil** but the Limoncello Vinegar has a unique sweet, tart and citrusy flavor that is hard to replicate. Feel free to use honey or your favorite true maple syrup for the emulsifier if you prefer.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Gluten Free, Dairy Free Option, Soups and Salads, Sides, Simple Salad, Arugula Salad, Runamok Maple Syrup, Limoncello Vinegar, Basil EVOO, Crostini Oregano, Snack Toast Oregano and Tomato