

Nectarine, Orzo, and Arugula Salad

Recipe By Sina Mizrahi



Cooking and Prep:  15
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Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Low Fat, No Refined Sugar

Source: Relish by Binah Magazine

Salads are one of my favorite things to make. I enjoy finding different combinations of flavors and textures that complement each other. They are also healthy, colorful, and delicious. Feel free to experiment with your own variations; salads are infinitely versatile. For me, a successful salad tickles many taste buds. It needs to have a perfect balance of sweet, salty, sour, and a touch of spicy. This salad is perfect, with the citrus-y dressing coating the sweet nectarine and dates, as well as the spicy arugula leaves.

Ingredients (12)

Salad

- 6 cups arugula lettuce
- 1 cup cooked **Gefen Orzo**
- 1 white nectarine, cubed
- 6 pitted dates, sliced

- 1/4 red onion, thinly sliced
- 1/4 cup unsalted roasted almonds, roughly chopped

Dressing

- 3 tablespoons grapefruit juice
 - 3 tablespoons grapeseed oil
 - 2 tablespoons rice vinegar
 - juice of 1/2 lime
 - 1 teaspoon **Gefen Honey**
 - 1/4 teaspoon salt
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Start Cooking

For the Salad

1. In a large bowl, combine the salad components.
2. In a separate container, mix together dressing ingredients, shaking vigorously.
3. Pour dressing over salad and toss to coat before serving.

Note:

If arugula is not to your liking, you can substitute spinach leaves.