



Arugula Salad

with Roasted Summer Squash & Pomegranate Arils



Featured Greenhouse Ingredients:
Arugula and Summer Squash



serves 3



20 minutes



A Fresh & Vibrant Delight!! Dive into a burst of freshness with our Arugula Salad, a perfect symphony of summer's finest flavors. This crisp, invigorating salad combines tender arugula with the delicate sweetness of summer squash and the delightful pop of pomegranate arils. It's a celebration of color, taste, and nutrition in every bite!

INGREDIENTS

2 cups (500 ml) summer squash

1 tbsp (15 ml) organic olive oil

Pinch sea salt & black pepper

3 tbsp (45 ml) lemon juice

3 tbsp (45 ml) olive oil

¼ (1 ml) sea salt

142g (5 oz) box baby arugula

½ (125 ml) pomegranate arils

MORE TASTY OPTIONS

1/4 cup shaved parmesan cheese

1/4 cup toasted pine nuts

- For extra crunch, try adding thinly sliced radishes.
- Substitute sliced almonds for pine nuts.



DIRECTIONS

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper. Add butternut squash and toast with 1 tablespoon of high-heat olive oil and a pinch of salt. Roast for 15-20 minutes or until just tender but cooked and a fork can slide through it.
2. Meanwhile, whisk together the lemon juice, olive oil, salt, and pepper.
3. Combine all the ingredients in a large bowl.
4. Dress and toss: drizzle dressing over Ingredients. Season with salt and pepper to taste. Gently toss to coat all ingredients evenly.
5. Enjoy this summer fresh salad with vibrant flavors!