

# Arugula and Strawberry Salad

Start your Valentine's Day meal with something sweet and savory. Succulent strawberries are a bright contrast to bitter arugula and salty Parmigiano-Reggiano. Balsamic vinegar drizzle will dazzle your palate before the main dish.

**PREP TIME:** 20 minutes **TOTAL TIME:** 20 minutes **SERVINGS:** 2

## INGREDIENTS

- 2 cups fresh arugula
- 1 cup fresh strawberries, sliced
- **ShopRite Trading Company** Parmigiano-Reggiano, shaved
- Slivered almonds or walnuts (optional)
- 1/2 cup **ShopRite Trading Company** marinated artichoke hearts (optional)

## DRESSING

- 1/4 cup **Colavita** Extra Virgin Olive Oil
- 1/4 cup **Filippo Berio** Balsamic Vinegar of Modena
- Salt and pepper to taste

## DIRECTIONS

1. Rinse and prepare vegetables. Arrange arugula onto salad plates. Garnish with fresh strawberry slices, shaved Parmigiano-Reggiano and optional ingredients.
2. Drizzle olive oil and balsamic vinegar over salads right before serving. Season with salt and pepper to taste.

Nutrition Information (1 serving): Calories 108, Total Fat 8 grams, Saturated Fat 1.5 grams, Cholesterol 2 milligrams, Sodium 62 milligrams, Carbohydrates 8 grams, Sugar 4.5 grams, Fiber 2 grams, Protein 2.5 grams