



Winter Salads with Lemony Honey Mustard Dressing

Salad #1: Arugula and Cabbage Salad with Onion, Lemon and Parmesan

Serves 4

Ingredients:

- 1/2 cup sliced Bermuda (red) onion
- 3 cups finely sliced Napa cabbage
- 2-3 cups loosely packed baby arugula (Spinach can be substituted too if you want a milder taste)
- 1/4 cup imported Parmesan cheese, peeled into strips with a potato peeler

Instructions

Cut and soak the onion slices in a small bowl of cold water for 20 minutes while prepping the rest of the salad. Drain and dry on paper towels.

Cut the cabbage into quarters. With a sharp knife, slice the cabbage into thin strips until you have around three cups; refrigerate the rest of the cabbage to use later. Place the cabbage in a bowl with the washed and dried arugula, the drained onions and a little of the dressing. Fold in the Parmesan cheese, taste and adjust the seasonings if necessary. It only takes a few tablespoons of salad dressing - do not over dress!

Salad #2: Arugula with Roasted Beets & Tuna

I am including an alternate salad that I invented and served with the honey mustard dressing. Everything was in my fridge, prepped and ready for the week!

Ingredients

- 3 cups baby arugula, washed and dried (I usually keep this around for sandwiches and salads)
- 1/3 cup cooked sliced roasted beets (I always buy these in the winter and roast, remove the skin and cut them for salads or as a side dish)
- 1/2 cup warm croutons (I actually made mine with leftover rye bread - cubed, tossed with olive oil and put on a tray in the toaster oven on toast setting for about four minutes. I sometimes make croutons with leftover sourdough or french bread too.)
- 1/4 cup peels of parmesan cheese (I am never without good imported parm)
- 1/4 cup orange pepper strips (some type of mild, colorful pepper is a staple for me)
- 3 oz canned line caught tuna
- 1/2 avocado, peeled and cubed

Honey Mustard Dressing

Makes ~1 Cup

Ingredients

- 1 Tbsp honey
- 1 1/2 tsp Dijon mustard
- 1/2 cup canola oil
- 1/2 clove garlic, crushed
- 1 tsp salt
- 5 grinds of fresh black pepper
- Juice of 1 lemon (about 1/4 cup of juice)

Instructions

Place all ingredients in a small jar and blend with hand blender. This keeps in the fridge for up to a week and is delicious used on all kinds of salads (pictured with Arugula). I usually make this at least an hour (or days) prior to using as the flavors mellow out. This thick, lemon yellow dressing coats hearty greens and it takes very little to add flavor to any salad.