



Elliott Evans Nutrition, LLC
Prevent and Protect
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SALAD WITH CHERRIES, GOAT CHEESE

SERVES 4

- 4 cups arugula
- 2 cups baby spinach
- 1/3 cup thinly vertically sliced red onion
- 1 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil
- 1 cup pitted halved fresh Rainier cherries
- 1 ounce crumbled goat cheese (about 1/4 cup)
- 1/4 cup salted dry-roasted pistachios

- Combine arugula, spinach, and onion in a large bowl.
- Combine juice, mustard, honey, salt, black pepper, and garlic in a medium bowl, stirring with a whisk.
- Gradually drizzle in olive oil, stirring constantly with a whisk. Drizzle dressing over salad, and toss gently to coat.
- Arrange 1 1/2 cups salad on each of 4 salad plates. Top each serving with 1/4 cup cherries, 1 tablespoon cheese, and 1 tablespoon nuts.