Arugula Salad with Parmesan Cheese

Description

Arugula salad with shaved Parmesan cheese is a simple, fresh salad that scores with great flavor, easy to prepare.

Summary

Yield: 2
Prep Time: 10 minutes
Category: Salads
Cuisine: Italian

Ingredients

- 4 cups baby arugula (fresh pack)
- 5 tbsps extra virgin olive oil
- 2 tbsps fresh lemon juice
- 1/3 cup freshly shaved parmesan cheese
- 1/2 tsp dried rosemary
- 1/2 tsp dried basil
- fresh ground black pepper to tatse

Instructions

Olive Oil and Lemon Dressing
In a mixing bowl or cruet, mix olive oil and lemon juice at about a 5 to 1 ratio of olive oil to lemon juice (a little bit more lemon juice is fine). Add 1/2 teaspoon of dried rosemary and 1/2 teaspoon of dried basil. I like to mix in a small bowl with a hand-held mixer to thoroughly emulsify.

Arugula Salad
Place a bed of baby arugula on serving plates or in salad bowls. Drizzle the olive oil and lemon dressing over the top of arugula. Grind a little fresh black pepper over the top of each salad. Place

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the shaved (not grated) fresh Parmesan cheese over the top, covering most of the surface.

Can set out at room temperature for a bit before serving if timing helps.