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 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.