The Little Green Salad

Author: Kathryne Taylor Prep Time: 10 mins

Cook Time: 5 minutes Total Time: 15 minutes

Yield: 6 side salads

★★★★★ 5 from 9 reviews

This simple green side salad is made with Parmesan and toasted nuts, tossed in lemon dressing. It's wonderful in its simplest form, but you can add my suggested seasonal variations or put your own spin on it. Recipe yields 6 to 8 side salads.

Ingredients

Salad

- 5 ounces arugula or leafy greens
- ½ cup small nuts or seeds (pine nuts, sunflower seeds, sliced almonds or chopped pecans)
- ½ cup freshly grated Parmesan cheese or aged cheddar, like Kerrygold

Lemon dressing

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice (from about 2 lemons)
- 1 tablespoon Dijon mustard
- ½ tablespoon honey or maple syrup, to taste
- 1 medium clove garlic, pressed or minced
- ⅛ teaspoon fine salt
- Freshly ground black pepper, to taste

Suggested variations

- Sliced cherry tomatoes, avocado and sunflower seeds
- Thinly sliced cucumbers, radishes and almonds
- Thinly sliced fennel and pine nuts
- Raspberries, blackberries, or sliced strawberries and almonds
- Thinly sliced apple or pear, dried cranberries and toasted chopped pecans

Instructions

1. To toast the nuts or seeds, cook them in a medium skillet over medium-low heat, stirring often, until they're fragrant and starting to turn golden, about 3 to 5 minutes. Set them aside to cool.
2. To make the dressing, combine all of the ingredients and whisk until blended. Season generously with black pepper and adjust to taste by adding more honey if the dressing tastes too tart.
3. In a mixing bowl, combine the greens, nuts and cheese. Add most of the dressing and toss until the salad is lightly coated throughout (you might have some leftover dressing). If desired, toss in the suggested add-ins. Serve promptly. Leftover salad dressing will keep in the fridge for up to 10 days.

Find it online: https://cookieandkate.com/the-little-green-salad/