

Arugula Salad with Berry Dressing

Servings: 4

1 cup strawberries, hulled and halved
2 tablespoons balsamic vinegar
1 tablespoon Canola oil
1 teaspoon honey
dash salt
2 tablespoons pistachio nuts, chopped
4 ounces goat cheese (chevre) log
4 cups arugula leaves
3/4 cup blackberries, blueberries,
and/or raspberries
1/4 cup jicama, thin strips of shaved
(optional)

For berry dressing, in blender container combine 3/4 cup strawberries, vinegar, oil, honey, and salt. Cover; blend until smooth. Set aside. Spread pistachio nuts on piece of waxed paper. Roll goat cheese in nuts until well coated. Slice goat cheese crosswise into 8 slices.

Place arugula and remaining strawberries in serving dish. Top with blackberries, cheese slices, and jicama. Drizzle berry dressing.

Better Homes and Gardens, August 2007

**Peel jicama into shards with a vegetable peeler.*

Per Serving (excluding unknown items): 221 Calories; 16g Fat (62.4% calories from fat); 10g Protein; 11g Carbohydrate; 3g Dietary Fiber; 30mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.