

Arugula **Citrus** Salad

with Tarragon Vinaigrette



Licking Memorial Hospital | Culinary Services

Arugula Citrus Salad with Tarragon Vinaigrette (serves 4)

Ingredients:

For salad

- 4 cups arugula, tightly packed
- 4 cups spinach, tightly packed
- 2 ruby red grapefruits, rind off and cut into segments
- 1/2 cup unsweetened coconut, toasted
- 1 cup artichoke hearts, quartered

For dressing

- 2 tablespoons orange juice
- 2 tablespoons grapefruit juice
- 2 tablespoons rice vinegar
- 1/4 cup extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh tarragon, chopped
- Salt and pepper to taste

Directions:

1. Add orange juice, grapefruit juice, rice vinegar, honey, and mustard to a blender or food processor. Pulse until combined.
2. Turn on blender or food processor and slowly add olive oil until emulsified. Finish with tarragon, salt, and pepper.
3. Combine arugula and spinach in a large mixing bowl and drizzle with dressing. Mix thoroughly.
4. Portion greens into four bowls. Top each bowl with grapefruit segments and toasted coconut, then serve.