

# AVOCADO AND ARUGULA SALAD

The creamy avocado in this salad pulls together the slight bitterness of the arugula with the tanginess of the rice wine vinegar in the dressing. The pear naturally sweetens the dressing and the chia seeds help bind it together so it's not a liquidy mess. The optional cashews add a nice crunch and some contrast if you have the time!

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## INGREDIENTS

6 cups of arugula leaves  
2 mini Persian cucumbers, thinly sliced  
1 avocado, sliced  
Roasted cashew nuts (optional)

## DRESSING

½ pear peeled, roughly chopped  
¼ small yellow onion, roughly chopped  
1 tablespoon sesame oil  
2 tablespoons avocado oil  
2 tablespoons rice wine vinegar  
3 tablespoons tamari  
1/2 tablespoon chia seeds

## MAKES FOUR SERVINGS

- 1 Place all the ingredients for the dressing, pear, onion, sesame oil, avocado oil, rice wine vinegar, tamari, and chia seeds in a small blend and blend through.
- 2 In a large serving bowl, place the arugula and cucumbers. Top with some dressing and toss gently. Place the cut avocado on the arugula and drizzle a little more dressing if necessary.
- 3 Add some cashews for a little crunch (optional). To make cashews, preheat the oven to 350°. In a small mix 1 tablespoon avocado oil, 1 tablespoon tamari, 1 tablespoon honey, and 2 squirts of sriracha sauce. Whisk together and mix in 1 cup cashews. Place the cashews on a baking sheet and cook for 15 minutes, stirring about halfway through. As the cashews cool, they will dry and harden.

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## NOTES

- Add some salmon to this recipe for additional protein. The fattiness of the salmon holds up nicely against the tartness of the vinegar. And grilled chicken is also a safe bet!