



FIG & ARUGULA SALAD WITH PARMESAN

Advanced Lifestyle

Ingredients

- 2 TBS minced shallots
- 1-1/2 TBS balsamic vinegar
- 1 TBS extra-virgin olive oil
- 1/4 TSP salt substitute or Morton's Lite Salt
- 16 fresh figs, each cut in half lengthwise
- 6 cups trimmed arugula (about 6 oz.)
- 1/4 TSP freshly ground black pepper
- 1/4 cup (1 oz.) shaved fresh Parmesan cheese

Instructions

1. Combine the first 4 ingredients in a large bowl. Stir well with a whisk
2. Add the figs. Cover and let stand 20 minutes.
3. Add arugula and pepper. Toss well.
5. Top with cheese. Serve immediately.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 2 hearts (with 2 TBS chicken filling each + 1 TBS celery sauce each) = ½ P,
1-1/2 V, ½ FT