

Arugula Persimmon Pear Salad

Serves 2

Adapted from AllRecipes.com



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

Dressing

- 1 teaspoon Dijon mustard
- ½ lemon, juiced
- ¼ cup olive oil
- 1 shallot, minced

Salad

- 1 persimmon, sliced
- 1 pear, sliced
- ½ cup walnut pieces, toasted
- 1 bunch arugula
- Salt and pepper to taste

Directions

1. Whisk the mustard, lemon juice, olive oil, and shallot in a medium bowl.
2. Add the sliced persimmon, pear, walnuts, and arugula and mix well to coat.
3. Season to taste with salt and pepper.

Recipe from Cooking Well Berkeley class: Fall Vegetables Made Easy, Fall 2013