



## INGREDIENTS

- 5 OZ. ARUGULA
- ZEST OF HALF LEMON
- JUICE OF 1 LEMON
- 1 TBSP OLIVE OIL

## INSTRUCTIONS

1. IN A LARGE BOWL, TOSS ARUGULA WITH LEMON JUICE, SALT, AND PEPPER LEMON ZEST, AND OLIVE OIL.



# Arugula Salad

4 servings

Cook Time: 0 minutes

Prep Time: 5 minutes

## NUTRITIONAL INFORMATION

43 CALORIES

4 GM FAT (1 SATURATED)

2 GM CARB

1 GM FIBER

1 GM SUGAR

1 GM PROTEIN



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