

Arugula Salad with Ginger-Thyme Vinaigrette

Serves 4

Dressing

- 1/3 cup organic extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 1 1/2 tablespoons fresh minced ginger
- 1/2 teaspoon fresh minced thyme
- 1/4 teaspoon fresh minced garlic
- 1/2 teaspoon tamari

Salad

- 1 teaspoon organic extra virgin olive oil
- 1 pound mushrooms, thinly sliced
- 1/2 pound sugar snap peas, cleaned and trimmed
- 1 bunch arugula (1/2 pound) , cleaned and trimmed
- 1/2 pound yellow squash, seeded, thinly sliced
- 1/2 pound red bell pepper, julienned
- 1/4 cup sherry cooking wine

Place dressing ingredients in blender. Purée for 1 minute, set aside. Place 1 teaspoon olive oil in large skillet over high heat. Add mushrooms and sauté until golden brown, about 15 minutes.

While mushrooms are cooking, heat water in a saucepan to steam sugar snap peas. When water boils, place peas in steamer basket. cover, steam 2–3 minutes until peas are bright green. chill peas quickly in ice water. Drain well.

Place arugula, squash, red bell pepper and peas in a large bowl, toss with dressing. Divide salad onto 4 plates. When mushrooms are golden, deglaze pan by adding the sherry, cook until all liquid evaporates. Place mushrooms on top of salad and serve.