BeWell recipe of the month:

Arugula and Strawberry Salad

From the kitchen of A. Perex, R. Tu and A. Gephart, Health Improvement Program (HIP)

(2-4 servings)

**Balsamic Vinaigrette**
- ¼ cup extra virgin olive oil
- 1 ½ Tablespoons Balsamic Vinegar
- ½ Tablespoon maple syrup
- 1 minced shallot
- Salt and pepper

**Salad Components**
- 7 oz. arugula or kale (1 bag, or close to half pound)
- 1 cup pecans, toasted
- 2 cups sliced strawberries
- 3 Tablespoons hemp seeds
- 3 Tablespoons blue cheese, crumbled (optional)

1. Toast the raw pecans by heating them in a toaster oven at 350 degrees for 5 mins. Let the pecans cool while you prepare the dressing and the other salad components.
2. To make the vinaigrette, combine the dressing ingredients and whisk together. Add enough salt to bring down the tanginess in the vinegar.
3. Slice the strawberries.
4. Place the arugula or kale in a large bowl. Add the dressing and toss. Top with hemp seeds, strawberries, crumbled pecans, then the blue cheese (optional).