

Arugula and Alfalfa Sprouts Salad

Serving size: 4

Prep time: 20 minutes

SALAD

- 2 generous handfuls torn lettuce
- 2 generous handfuls baby arugula
- 2 small handfuls alfalfa sprouts
- 2 cups herbed croutons (we make ours but store bought is okay)
- bacon cooked to a crisp (dice or crumble or leave whole) as much as you like
- your favorite cheese shaved, as much as you like

DRESSING

Stir together all the ingredients for the salad dressing.

- ¼ cup honey
- ¼ cup Dijon mustard
- ¼ cup olive oil
- juice from half a lemon
- ½ teaspoon finely grated ginger

INSTRUCTIONS:

1. Rinse lettuce, arugula, and alfalfa sprouts.
2. Pass the vegetables through a salad spinner to remove excess water
3. Assemble your salad. Put the lettuce, the arugula, and the alfalfa sprouts as a base.
4. Scatter the herbed croutons on top and around the vegetables.
5. Add the bacon and cheese.
6. Drizzle the dressing over the salad