

Arugula and Pear Salad with Walnuts and Pomegranates

4 servings

½ cup walnuts

5 oz arugula

1 ripe Bosc or Anjou pear, thinly sliced

1 lemon

4 Tb olive oil

Celtic sea salt and fresh pepper

1 cup pomegranate seeds

- Toast nuts in a small pan over medium heat until fragrant.
- Combine arugula pear and nuts in a bowl.
- Dress with lemon, olive oil, salt and pepper. You can do it directly onto the salad. Taste for balance.
- Top with pomegranate seeds.
- Serve