

## Wild arugula and strawberry salad, candied walnuts, goat cheese, and honey-miso dressing

*Serves 1-2; prep and cook 20-25 minutes (some inactive)*

1 cup shelled walnut pieces  
3 tablespoons honey  
Pinch of salt  
1 heaping tablespoon white miso paste\*  
Juice of ½ lemon  
1 tablespoon honey  
2 tablespoons grapeseed oil\*\*  
Pinch of black pepper  
½ cup wild arugula  
3-4 butter lettuce leaves; chopped roughly  
¼ cup strawberries; washed, hulled, and halved  
¼ cup crumbled goat cheese  
Salt and pepper to taste

*\*You can find white miso paste in the refrigerated section of most Asian food markets. If you can't find it, feel free to substitute with the same amount of either anchovy or tahini paste, or use 1 ½ teaspoons low sodium soy sauce to mimic the umami flavor miso brings.*

*\*\*Grapeseed oil is a fairly neutral tasting oil that works well with fresh salads because of its' clean flavor. You can also use something similar like canola oil.*



Preheat the oven to 325 degrees.

In a small bowl, combine the walnuts, 3 tablespoons of honey, and salt. Spread them out onto a baking sheet lined with a silicone mat or sprayed with cooking oil.

Put them on the middle rack of the oven and cook for approximately 20 minutes, mixing them up a bit halfway through.

When they are nicely golden brown and the honey is bubbly they are done. Set on the counter to cool.

Meanwhile, make the honey-miso dressing by whisking together the white miso paste, lemon juice, 1 tablespoon of honey, black pepper, and grapeseed oil. Taste for seasonings. Set aside.

Arrange the butter lettuce on a plate. Top with the wild arugula. Scatter a pinch of salt and pepper over the lettuce. Drizzle with honey-miso dressing and top with strawberries, goat cheese, and candied walnuts (crush these up a bit in your hand).