

Blueberry Basil Salad with Goat Cheese & Toasted Pecans

Serves 4–6, recipe from Chef Megan 101

Ingredients

- 5 oz baby arugula or mixed spring greens
- ¼ cup fresh basil leaves, thinly sliced (chiffonade)
- 1 cup fresh blueberries
- ¼ small red onion, very thinly sliced
- ½ cup toasted pecans, roughly chopped
- ½ cup crumbled goat cheese
- ¼ small red onion, very thinly sliced

Lemon-Honey Vinaigrette

- 3 T extra-virgin olive oil
- 1 lemon, zested and juiced
- ½ tsp white balsamic vinegar
- 1 tsp honey
- 1 tsp Dijon mustard
- ¼ tsp flakey sea salt
- Freshly ground black pepper, to taste

Method

Place pecans in a dry skillet over medium heat for 3–5 minutes, stirring frequently until fragrant and lightly browned. Remove from heat and slightly cool.

In a small bowl, whisk together lemon zest, lemon juice, white balsamic vinegar, honey, Dijon mustard, sea salt, and pepper.



Drizzle in olive oil and whisk until emulsified.

In a large serving bowl, drizzle the greens with the vinaigrette and gently toss. Add basil, blueberries, and onions and toss again. Top with toasted pecans and crumbled goat cheese and serve immediately.

www.healthyating101.com



ATLANTA BOTANICAL GARDEN