

Arugula And Spinach Salad With Candied Pecans

This salad is a take on classic flavor pairings from French cuisine.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Baby arugula	1 x 2 cups
Baby spinach	1 x 2 cup
Apple, fresh, without skin	1 small - 2 3/4" diameter before peeling
Hazelnut oil	0.25 cup
Apple cider vinegar, apple cider	3 x 1 tbsp
Fine sea salt	2 x 1/4 tsp
Pecans, raw	0.5 cup
Orange juice, fresh	2 tablespoon
Agave, raw	60 gram

Instructions

Prep

1. Shred half of the small apple (to slow down the oxidization process of fresh fruits if cut beforehand, place shredded apple in a bowl of water with 1 to 2 tbsp of freshly squeezed lemon juice, and drain well before adding to the salad)
2. When purchasing agave nectar, be sure to look for products labeled raw. Most of the agave nectar on the market has been heated to a high temperature and does not qualify as raw food.
3. When purchasing the hazelnut oil, be sure to look for cold-pressed if possible

Directions

1. In a serving bowl, toss arugula, spinach, apple, hazelnut oil, vinegar and 0.25 tsp (1mL) salt. Set aside.
2. In a separate bowl, toss pecans, orange juice, agave nectar and remaining salt. Add to greens, toss and serve.

Variations

1. Substitute an equal quantity of shredded pear for the apple
2. Substitute an equal quantity of cold-pressed extra virgin olive oil for the hazelnut oil