

FLORIDA ARUGULA AND GOAT CHEESE SALAD WITH ORANGE AND STRAWBERRY

16 ozs Florida arugula,
1 dozen Florida strawberries, rinsed, hulled and sliced
2 Florida oranges, peeled and segmented
8 ozs goat cheese, crumbled
1 lemon, juiced
1 tbsp. olive oil
Sea salt and fresh ground pepper to taste

- In a medium-sized mixing bowl, add arugula, lemon juice and olive oil. Lightly toss the arugula to coat and season lightly with salt and pepper.
- To serve salad, use four chilled plates. Add an even amount of the dressed arugula to the center of each of the four plates.
- Arrange an even amount of citrus and strawberries in a decorative manner on each plate. Evenly distribute the crumbled goat cheese over the top of each salad. Serve arugula salad chilled.

Yield 4 servings



ORANGES ARE PREDOMINANTLY GROWN IN:
Collier, Desoto, Hardee, Hendry, Highlands, Hillsborough, Indian River, Lake, Manatee, Martin, Orange, Polk, St. Lucie

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk	
Vegetable	Fruit		

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner
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