

Arugula and Carrot Salad with Walnuts and Cheese  
"Carrots: Digging in Deeper for Fall Flavor,"  
Recipes for Health, by Martha Rose Sulman  
*The New York Times*/NYT Cooking  
November 10, 2010

Total Time: 10 minutes

Yield: 4 to 6 servings

**Ingredients**

4 cups wild or baby arugula

2 cups grated carrots

2 tablespoons broken walnuts (½ ounce)

¼ cup grated Parmesan or crumbled blue cheese (1 ounce)

1 tablespoon finely chopped fresh tarragon

**For the Dressing**

1 tablespoon fresh lemon juice

1 tablespoon sherry vinegar

1 teaspoon balsamic vinegar

Salt to taste

1 teaspoon Dijon mustard

1 small garlic clove, pureed or finely minced optional

¼ cup extra virgin olive oil

2 tablespoons walnut oil

**Preparation**

1. Combine the arugula, carrots, walnuts, cheese and tarragon in a salad bowl.
2. In a small bowl or measuring cup, combine the lemon juice, vinegars, salt and mustard. Whisk together, and add the garlic. Whisk in the oils.
3. Shortly before serving, toss the salad with the dressing.

*Tip - Advance preparation: You can combine the salad ingredients several hours before serving and refrigerate in a covered bowl. The dressing will also hold for several hours, in or out of the refrigerator.*