

SATURDAY MARKET

Arugula Blueberry Salad with Orange Dressing

Submitted by The Happy Berry

Salad Ingredients:

- 1 head lettuce with outer leaves removed
- 2 bunches arugula
- 2 avocados, peeled, pitted, and cubed
- 4 plum tomatoes, chopped
- 1 pint (12 ounces) of blueberries
- 1 can (7-8 ounces) of hearts of palm, cut in 1/4 inch squares, drained

Dressing Ingredients:

- 1/2 teaspoon of grated orange zest
- 1/2 cup of orange juice
- 2 tablespoons of lime juice
- 1/2 teaspoon sugar
- 1/4 teaspoon of salt
- 1/3 cup of olive oil

*Shopping Tip: Buy fresh lettuce from one of the many produce vendors at the Market, and get your blueberries from The Happy Berry

Directions:

Shred the lettuce and arugula into 1/2 inch strips or less. Set aside.

Whisk together the dressing ingredients until thoroughly blended.

Toss the lettuce and arugula together with 1/2 of the dressing just before serving. Spread the rest of the ingredients... avocados, plum tomatoes and blueberries over the top and add more/rest of dressing to taste.

Serves 4 to 6

For more blueberry recipes, visit www.thehappyberry.com