



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Four-Red Salad

Ingredients:

- 2 bunches Arugula, *thick stems removed, rinsed and dried*
- ½ pound Radishes, *thinly sliced*
- 1 bunch Red Grapes, *halved*
- 1 Red Apple, *finely diced*
- 1 Shallot, *slivered*
- ½ cup Extra-Virgin Olive Oil
- ¼ cup Apple Cider Vinegar
- Salt and Black Pepper, *freshly ground*



Instructions:

1. Whisk together vinegar, olive oil, shallot, salt and pepper.
2. Toss arugula, radishes, apple, and grapes together.
3. Toss salad with dressing right before serving.