

Omega Nutrition

RECIPES

THE COOKBOOK



A R U G U L A S A L A D

INGREDIENTS

* as much as desired

Arugula	5 cups
Squash	1 cup
Pecans	1/3 cup
Vegan cheese/feta	*****
AVOCADO OIL	1 tbs
APPLE CIDER VINEGAR	1 tbsp
HI-LIGNAN FLAXSEED OIL	3 tbsp
Honey	1 tbsp
Orange/lemon juice	2 tbsp
Salt & pepper	*****



METHOD
HANDMADE



TIME
30 MINUTE



SERVING
4 PERSON



RECIPE TYPE
APPETIZER



AUTHOR
Omega
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VEGAN
100%



DIFFICULTY
EASY

STEP I

Preheat oven to 425 F (218 C). Arrange squash on a parchment-lined baking sheet. Sprinkle with Omega Nutrition Avocado Oil, salt, and pepper and toss to coat. Roast for 15–20 min or until tender and golden brown.

STEP II

Prepare dressing by adding all dressing ingredients to a bowl. Whisk together and set aside. You get to choose how acidic you like your dressing to be. We recommend a ratio of 3:1 oil and vinegar.

STEP III

Arrange arugula to a platter or serving bowl and top with roasted squash, crunchy pecans, feta or vegan cheese. Drizzle with dressing. This salad is flexible, fast, and will make you feel both wholesome and creative at the same time. Recipes with Omega Nutrition Flaxseed Oils are also a great way to add Omega3's and 6's to your diet! Check out our

[PRODUCT PAGE](#) to learn more about some other health benefits!

This fresh, easy salad recipe comes together in under 30 minutes! Tossed in a tangy vinaigrette and filled with veggies, it's a sure cookout hit.