

Arugula Salad

Ingredients

1 package organic Arugula salad cleaned

1/2 cup sweet organic grapes

1/2 onion sliced

1/2 lime

Sprinkle Goat or any cheese on top

Add sliced organic chicken or turkey if desired



Directions

Toss all ingredients together in a big bowl and squeeze lime juice ovetop. Mix well.
Let sit for 15 minutes then stir again.

A healthy dish to eat alone.