



ARUGULA, MUSHROOM, & WALNUT SALAD

Arugula is associated with the Greek fertility god Priapus, who was blessed (or cursed) with a permanent erection. It purifies the blood, cleanses the liver, and has a delightful peppery kick.

Feeds 2

Large bunch of fresh arugula
Handful of cremini mushrooms
1/2 cup walnut pieces



SALAD DRESSING

1 clove garlic, crushed and minced
1/2 teaspoon Dijon mustard
1 tablespoon lemon juice, or to taste
1 tablespoon balsamic vinegar
1/2 teaspoon honey, or to taste
1/2 cup extra-virgin olive oil
Salt and freshly ground black pepper
Crumbled goat cheese or shaved Parmesan
cheese (optional), for serving

Wash the arugula and pat it dry. Clean and slice the mushrooms. Toast the walnut pieces lightly in dry pan over low heat until fragrant. Remove from the pan to a plate to cool. Combine the arugula, mushrooms, and walnuts in a large bowl.

Place the garlic, mustard, lemon juice, vinegar, honey, and oil in a glass jar with lid. Dance around the kitchen. SHAKE THAT JAR! Shake that ass while you're at it. Dip finger in jar. Taste...Good? Or does it need more lemon or a little more honey?

Drizzle on the salad. Add salt and pepper. Throw in some goat cheese. Or shaved Parmesan. Or not. Toss that salad. Plate and top with Wild Salmon Baby Cakes (page 36).
