



Heirloom Cherry Tomatoes and Arugula Salad

Ingredients

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| 8 oz. cherry tomatoes, halved | ½ avocado |
| 8 oz. baby arugula leaves | ¼ cup extra-virgin olive oil |
| ¼ cup toasted walnuts | 2 tbsp. balsamic vinegar |
| ¼ cup fresh basil, coarsely chopped; | Sea salt and freshly ground black pepper |

Preparation

Combine the olive oil and balsamic vinegar in a bowl.
Stir until well combined and season with salt and pepper to taste.
Combine the tomatoes, basil, spinach, avocado, and walnuts in a large bowl.
Drizzle the dressing on top and toss gently to combine.

A Classie & Essential Nutrition Tip

Four Ways to Ripen an Avocado:

- Place your avocado in a brown paper bag, along with a banana. This trick may seem “bananas”, but it works! Ripe bananas contain a natural plant hormone called ethylene, which triggers ripening in mature fruit. The paper bag traps the ethylene gas that is produced by the fruit (banana) and speeds up the ripening process for the avocado.
- Use a simple staple like rice to speed up the ripening process. Place your avocado in a bowl full of rice and submerge it completely so it’s covered on all sides. Uncooked rice is an excellent source of trapping ethylene gas, so this technique works like a charm. Just make sure to check progress daily. Typically, this method will take a few days to reach ripeness perfection.
- The easiest way to ripen an avocado is by placing it in sunlight.
- Warmer temperatures ripen fruits faster, so move those un-ripened avocados to your windowsill or another sunny spot of your home.*



Classic and Essential Nutrition
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Nutritional Information:

Cherry Tomatoes: are fat-free, saturated fat-free, cholesterol-free, low in sodium, an excellent source of vitamins A and C and a good source of vitamin K and potassium.

Arugula: is a lesser-known cruciferous vegetable that provides many of the same benefits as other vegetables of the same family, which include broccoli, kale, and Brussels sprouts. Arugula leaves, also known as rocket or roquette, are tender and bite-sized with a tangy flavor.

Walnuts: are round, single-seeded stone fruits that grow from the walnut tree. They are a good source of healthful fats, protein, and fiber. They may enhance heart and bone health and help in weight management, among other benefits.

Basil: is virtually calorie-free and - in addition to antioxidant vitamins and phenolics - is a rich source of vitamin K, zinc, calcium, magnesium, potassium, and dietary fiber.

Virgin Olive Oil: Studies show that the fatty acids and antioxidants in olive oil can offer some powerful health benefits, including a reduced risk of heart disease. It contains modest amounts of vitamins E and K and plenty of beneficial fatty acids. One tablespoon (13.5 grams) of olive oil contains the following (iTrusted Source): Saturated fat: 14%; Monounsaturated fat: 73% (mostly oleic acid).

Avocados: are a heart-healthy, nutrient-dense superfood. Nutrient-dense foods are those that provide substantial amounts of vitamins, minerals, and other nutrients with relatively few calories. One-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a great nutrient-dense food choice. Additionally, avocados are virtually the only fruit that contains heart-healthy monounsaturated fat – good fat! This fruit is naturally sodium, sugar, and cholesterol-free. A unique fruit, Avocados can act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients such as vitamins A, D, K, and E.*

*Source: <https://www.healthline.com/nutrition>