

# **Salad with Cherries, Goat Cheese and Pistachios**

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Cooking Light Magazine - July 2012

**Servings: 4**

**Start to Finish Time: 15 minutes**

*Fruit in a salad may not be your thing, but the cherries really work here, offering a sweet, juicy burst to complement peppery greens.*

**4 cups arugula**  
**2 cups baby spinach**  
**1/3 cup red onion, thinly vertically sliced**  
**1 1/2 tablespoons fresh lemon juice**  
**1/2 teaspoon Dijon mustard**  
**1/2 teaspoon honey**  
**1/4 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**1 small clove garlic, minced**  
**2 tablespoons extra-virgin olive oil**  
**1 cup fresh Rainier cherries, pitted and halved**  
**1 ounce (1/4 cup) crumbled goat cheese**  
**1/4 cup salted, dry-roasted pistachios**

In a large bowl, combine the arugula, spinach and onion.

In a medium bowl, combine the juice, mustard, honey, salt, black pepper and garlic, stirring with a whisk.

Gradually drizzle in the olive oil, stirring constantly with a whisk.

Drizzle the dressing over the salad and toss gently to coat.

Arrange 1 1/2 cups of salad on each of four salad plates.

Top each serving with 1/4 cup of the cherries, one tablespoon of cheese and one tablespoon of nuts.

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Per Serving (excluding unknown items): 204 Calories; 17g Fat (74.0% calories from fat); 9g Protein; 4g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 245mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.