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Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
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**FIG & ARUGULA SALAD WITH PARMESAN**      **Advanced Lifestyle**

**Ingredients**

- 2 TBS minced shallots
- 1-1/2 TBS balsamic vinegar
- 1 TBS extra-virgin olive oil
- 1/4 TSP salt substitute or Morton's Lite Salt
- 16 fresh figs, each cut in half lengthwise
- 6 cups trimmed arugula (about 6 oz.)
- 1/4 TSP freshly ground black pepper
- 1/4 cup (1 oz.) Shaved fresh Parmesan cheese

**Instructions**

1. Combine first 4 ingredients in a large bowl. Stir well with a whisk.
2. Add the figs. Cover and let stand 20 minutes.
3. Add arugula and pepper. Toss well.
4. Top with cheese. Serve immediately.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving size = 1/2 cups = 1-1/2 V, 2 FR, 1/2 FT