

# Peach Arugula Salad

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

### SALAD

- 6 ripe organic peaches, thinly sliced
- 8-10 cups arugula
- 1/4 cup crumbled feta cheese
- 1/2 cup chopped walnuts

### DRESSING

- 1/2 cup extra-virgin olive oil
- 1 tbsp dijon mustard
- 1 heaping tsp honey
- Juice from 1 lemon
- 1 tsp apple cider vinegar
- Pinch of sea salt

## Instructions:

1. Place arugula in large salad bowl. Top with sliced peaches, feta cheese and walnuts.
2. In a small bowl, whisk together dressing ingredients until emulsified.
3. Pour dressing over top of salad and toss, just before serving. EnJOY!

## Notes:

Serves 4-6