

## **Sarah's Orange, Avocado and Arugula Salad**

**Serves: 2 to 4**

### **Ingredients:**

1 blood orange, zested, and sliced into small wedges  
½ cup extra-virgin olive oil (plus 1 tablespoon for the arugula)  
¼ cup apple cider or red wine vinegar  
1 tablespoon plus 1 teaspoon honey  
2 teaspoons Dijon mustard  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ small red onion, thinly sliced (about 1/3 cup)  
3 cups baby arugula (about half of a 5-ounce tub)  
1 avocado (still somewhat firm), small-diced



### **Directions:**

**To slice the orange:** Remove all the zest first and place it in the bowl you will use to make the dressing. Slice the top and bottom off the orange so that they are flat (this will make it easier to slice).

Working from the top down, use a sharp, serrated knife to slice between the peel and the flesh, working around the orange until all the pith is removed. Discard the pieces of peel. Slice the orange into rounds and then slice each round into small wedges, removing any pith from the center.

**To make the dressing:** In a medium bowl or Mason jar, add ½ cup of olive oil, vinegar, honey, Dijon mustard, ½ teaspoon salt and ¼ teaspoon pepper. Whisk or shake vigorously (cover the lid, first) until the mixture appears almost creamy and fully emulsified.

Add the sliced red onion and toss well to combine. Let the onions steep in the dressing for at least 30 minutes, or up to 2 hours, before serving. The dressing may be prepared in advance and refrigerated for up to 2 weeks – remove the onions after 2 hours and refrigerate separately for up to 1 week.

**To assemble the salad:** In a medium bowl, toss the arugula with 1 tablespoon of olive oil and a drizzle of the dressing. Arrange the arugula on a serving platter. Place the orange pieces and diced avocado in the same bowl and top with the pickled red onions from the dressing.

Add ¼ cup of the dressing and gently toss to combine. Add a sprinkling of salt and pepper and lightly toss again. Place the mixture atop the bed of arugula and finish with another drizzle of dressing and a light sprinkling of salt and pepper. The salad may be prepared up to 2 hours in advance and refrigerated before serving.

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