



FRUIT AND ARUGULA POWER BOWL

Yield: 4 Servings

Nutrition Facts

Serving size 10.75 oz. (304 g)

Amount per serving
Calories 530

% Daily Value*

Total Fat 48g 60%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 12mg 4%

Sodium 272mg 10%

Total Carbohydrate 21g 8%

Dietary Fiber 5g 20%

Total Sugars 13g

Includes 1g Added Sugars 2%

Protein 12g

Vitamin D 0mcg 0%

Calcium 204mg 15%

Iron 2mg 10%

Potassium 559mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Fruit and Arugula Power Bow

3 quarts

1 cup

1 cup

1 cup

½ cup

1 cup

4 oz.

Fresh Arugula

Cottage Cheese

Fresh Blueberries

Fresh Strawberries, sliced

Slivered Almonds

Citrus Balsamic Vinaigrette

Orange Mandarin Segments

Citrus Balsamic Vinaigrette

⅔ cup

⅛ teaspoon

2 ½ tablespoons

1 ⅓ tablespoons

1 ⅓ tablespoons

⅛ teaspoon

⅛ teaspoon

Canola Oil

Garlic Cloves, peeled

Balsamic Vinegar

Orange Juice

Lemon Juice

Salt

Black Pepper

Procedures

1. Preheat oven to 350°F.
2. Whisk together vinegar, lemon juice, orange juice, salt, pepper, and garlic.
3. Slowly add oil to the vinegar mixture. Whisk constantly to form an emulsion. Set Citrus Balsamic Vinaigrette aside.
4. In a preheated 350°F oven, toast almonds for 8-10 minutes or until fragrant. Reserve.
5. Portion the arugula, blueberries, sliced strawberries, mandarin oranges, and slivered almonds into a large bowl.
6. Toss with 2 oz Citrus Balsamic Dressing or portion on the side.
7. Serve each portion with 1/4 cup cottage cheese. Enjoy!