



Arugula, Fig Salad and Serrano Ham Salad with Marcona Almonds

This elegant salad features three super foods; mineral and healthy-oil rich Marcona almonds, and iron-packed figs and arugula. If you cannot find Serrano ham you may substitute Italian prosciutto.

INGREDIENTS:

1/4 cup plus 2 1/2 tbsp sherry vinegar
1 tsp raw sugar
1/2 tsp sweet paprika
1 tbsp honey
2 tbsp extra virgin olive oil
1/4 tsp sea salt
1/4 tsp black pepper
1/4 cup raw almonds, preferably Marcona
6 cups baby arugula
12 each black figs, halved or quartered if large (fresh is best but dried works)
12 thin slices Serrano (Spanish) ham

PREPARATION:

- In a small saucepan, combine 1/4 cup of the sherry vinegar with the sugar and simmer over moderate heat until syrupy and reduced to 1 tablespoon, about 8 minutes.
- In another saucepan, warm the paprika over moderate heat until fragrant, 15 seconds. Stir in the honey and the remaining 2 1/2 tablespoons of vinegar. Scrape into a bowl and whisk in the olive oil. Season with salt and pepper.
- In a large bowl, toss the arugula with 1/4 cup of the dressing and arrange on a platter.
- In the same bowl, toss the figs with 1 tablespoon of the dressing and add to the platter.
- Drape the Serrano ham slices on top and garnish with almonds.
- Drizzle with the sherry vinegar syrup.

Number of servings: 8
Serving Size: 3/4 cup
Calories: 137
Fat Grams: 5

