



## 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

