



**GOOD GREENS**  
Spicy arugula and sweet tomatoes pack a flavorful punch. For a milder taste, substitute baby spinach.

## Summer Tomato and Arugula Salad 🕒👌

WORK TIME: 10 MINUTES / TOTAL TIME: 10 MINUTES / SERVINGS: 4

TWO TYPES OF TOMATOES MAKE AN EYE-CATCHING SALAD, BUT THREE BEEFSTEAKS OR A FULL PINT OF CHERRY TOMATOES WORKS, TOO.

- 2 lg beefsteak tomatoes, sliced
- 2 Tbsp red wine, balsamic, or sherry vinegar
- 1/8 tsp Dijon mustard (optional)
- 1/4 c + 2 Tbsp extra virgin olive oil
- 2 c baby arugula or other baby greens
- 1/2 pt yellow and/or red cherry tomatoes, halved
- 1 c torn basil leaves or other fresh herb (optional)

**1. ARRANGE** tomato slices on large platter.

**2. WHISK** vinegar and mustard, if using, in large bowl. Add oil in a stream while whisking. Season with salt and black pepper to taste.

**3. ADD** arugula and cherry tomatoes to bowl and toss with vinaigrette to coat. Spread over tomato slices. Sprinkle with basil, if using.

**NUTRITIONAL INFO PER SERVING** 216 cal, 1 g pro, 5 g carb, 2 g fiber, 21.5 g fat, 3 g sat fat, 0 mg chol, 10 mg sodium

### MAXIMIZE YOUR LEFTOVERS

#### TOSS WITH PASTA:

Roughly chop the sliced tomatoes. Add the whole salad, juices and all, to hot or cold pasta and sprinkle with grated Parmesan or cubes of mozzarella.

#### STUFF A SANDWICH:

Extra salad makes a delicious lunch. Slice a hunk of baguette horizontally, leaving a hinge so the juices don't drip out. Arrange the salad on the bottom, sprinkle with grated Parmesan, close it up, and dig in. If you're brown-bagging, cover it tightly with plastic wrap. The juicy tomatoes and dressing will flavor the bread.

**SHOP IN SEASON** Fresh picks from the farmers' market star in Dana Jacobi's recipes. See what the cookbook author is making today—read her blog at [prevention.com/danasmarketbasket](http://prevention.com/danasmarketbasket).