

Arugula Salad with Bacon and Balsamic Fig Dressing

Adapted from *Cooking Light*, Nov. 2008



Servings: 6

Use other lettuces if preferred, but use sturdy ones like Romaine, not tender leaf lettuces which won't stay firm with the dressing.

1. To prepare dressing, combine balsamic vinegar and figs in a small saucepan over medium-high heat; bring to a boil. Cover, remove from heat, and let stand 15 minutes. Combine vinegar mixture, 3 tablespoons water, and next 5 ingredients (through thyme) in a blender; process until smooth. Dressing will keep for several days.

2. To prepare salad, mix arugula with onion and toss with dressing. Taste for seasonings. Divide evenly among plates. Sprinkle with bacon, cheese and nuts. Serve immediately.

DRESSING:

- 3 tablespoons balsamic vinegar (use fruit flavored, if available)
- 3 whole dried figs, chopped (stem trimmed off)
- 3 tablespoons water
- 2 tablespoons low-sodium chicken broth
- 2 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons honey
- 1/2 teaspoon minced shallots
- 1/2 teaspoon chopped fresh thyme

SALAD:

- 4 ounces arugula (about 8 cups), lightly chopped
- 1/4 cup red onion, thinly sliced, (optional)
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 3 pieces bacon, cooked and crumbled
- 2 tablespoons crumbled goat cheese, or Feta, or Mexican Cotija
- 1 tablespoon pine nuts, toasted

(optional)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Per Serving (excluding unknown items): 114 Calories; 8g Fat (58.6% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.