

Bright Arugula Dressing



Credit where credit is due. The marinade queen, Elsy Dinvil of [Creole Me Up](#), inspired me to use the abundant tender greens and fresh herbs that arrive with spring to start making more of my own sauces. Arugula is bright, slightly spicy and has a peppery bite to it (it belongs to the mustard family). Enjoy this dressing as a vibrant addition to salads, roasted veggies and grilled meats.

1 cup (packed) arugula
½ cup (packed) fresh mint leaves
⅓ cup olive oil
¼ cup fresh lime juice (two limes)
Kosher salt and freshly ground black pepper
Optional: jalapeño or other hot pepper, seeded

Cut off the lower stem of any arugula leaves and snack on them—this will help you gauge spiciness and consider how much hot pepper you may want to add. Combine all ingredients in a food processor and blend to desired consistency.

This simple and bright green dressing is a wonderful addition to just about anything.

This recipe was developed by our friend Heather Morrill, at Cook First Portland. You can find more from them at www.cookfirstpdx.org.

