

Arugula, Grape, and Sunflower Seed Salad



Photo: Becky Luigart-Stayner; Styling: Cindy Barr, Hayden Patton

Grapes add polyphenol antioxidants, while the seeds and oil deliver vitamin E.

Yield:

Ingredients

3 tablespoons red wine vinegar
1 teaspoon honey
1 teaspoon maple syrup
1/2 teaspoon stone-ground mustard
2 teaspoons grapeseed oil
7 cups loosely packed baby arugula
2 cups red grapes, halved
2 tablespoons toasted sunflower seed kernels

1 teaspoon chopped fresh thyme
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Preparation

1. Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk.
2. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.