

Warm salad with arugula, gulas, walnuts, and parmesan cheese.

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INGREDIENTS

- 60 g lamb's lettuce
- 60 g arugula
- 330 g of gulas*
- 2 chopped apples
- 120 g of California walnuts
- 40 g of Parmesan cheese
- For the salad vinaigrette: 1-2 teaspoon of Modena vinaigrette, 4 teaspoons of extra virgin olive oil, pinch of salt and pepper.

Nutritional Value for 4 servings

Energy (kcal)	350 kcal
Total fat (g)	31,9 g
Monounsaturated fats (g)	11,2 g
Polyunsaturated fats (g)	14,3 g
Carbohydrates (g)	8,7 g
Dietary fiber (g)	3,9 g
Protein (g)	8,7 g

INSTRUCTIONS

1. Build the base of lamb's lettuce and arugula in a large wooden bowl.
2. Wash and chop the apple and add to the base.
3. Sauté the gulas in a pan with a drizzle of extra virgin olive oil, salt and pepper.
4. Cut the California walnuts into small pieces to add to the salad (you can chop some as a snack).
5. Dress with Vinaigrette.
6. Serve on the plate and garnish with grated parmesan to taste! And enjoy!

Additional comments of the recipe:

** If you can't find gulas, you can substitute them with zucchini noodles.*

- Lactose free (Parmigiano Reggiano does not contain lactose).

- Gluten free (if you buy gluten free gulas, e.g., Gula del Norte or Pescanova) or use zucchini noodles instead.

- No added sugars.

- Suitable for people with diabetes.