

# Blueberry Arugula Salad



This vibrant spring salad is as nourishing as it is beautiful, featuring a mix of peppery arugula, juicy blueberries, and creamy goat cheese, all brought to life with the unexpected addition of edible pansy flowers. The pansies don't just add a whimsical touch, they're rich in antioxidants and have gentle anti-inflammatory properties, making them both a visual and nutritional highlight. Tossed lightly with a lemon-honey mustard dressing, this salad offers a perfect balance of flavors sweet, tangy, earthy, and floral. It's a grounding, garden-inspired dish that celebrates the season's abundance and invites you to slow down and savor nature's beauty, bite by bite.

## What You Need:

### For The Salad

- 5 ounces baby arugula
- 2½ cups fresh herb leaves
- ½ medium cucumber,
- 1 cup fresh blueberries
- 2 figs, cut in quarters
- ¼ cup Pecans
- ¼ cup crumbled goat cheese
- pansies (also known as violas, or Johnny Jump-ups)

### For The Honey Mustard Lemon Dressing

- ½ cup extra virgin olive oil
- 2½ tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon grainy Dijon mustard
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper