

**NONNI'S ITALIAN
SALAD**

Arugula

Arugula is rich in vitamin B & Folate. Folate is essential because it aids in producing red blood cells & serotonin; this nutrient also helps prevent diseases such as diabetes, depression, & heart disease.

Garlic

Garlic can enhance the production of serotonin, a brain chemical responsible for signal transmission & mood regulation. Raw garlic also contains allicin, which is believed to have antibacterial & anti-fungal properties.

Black Pepper

Piperine, the main ingredient in pepper, has been shown to improve brain function. It has demonstrated potential benefits for symptoms related to degenerative brain conditions like Alzheimer's & Parkinson's disease.

Extra Virgin Olive Oil

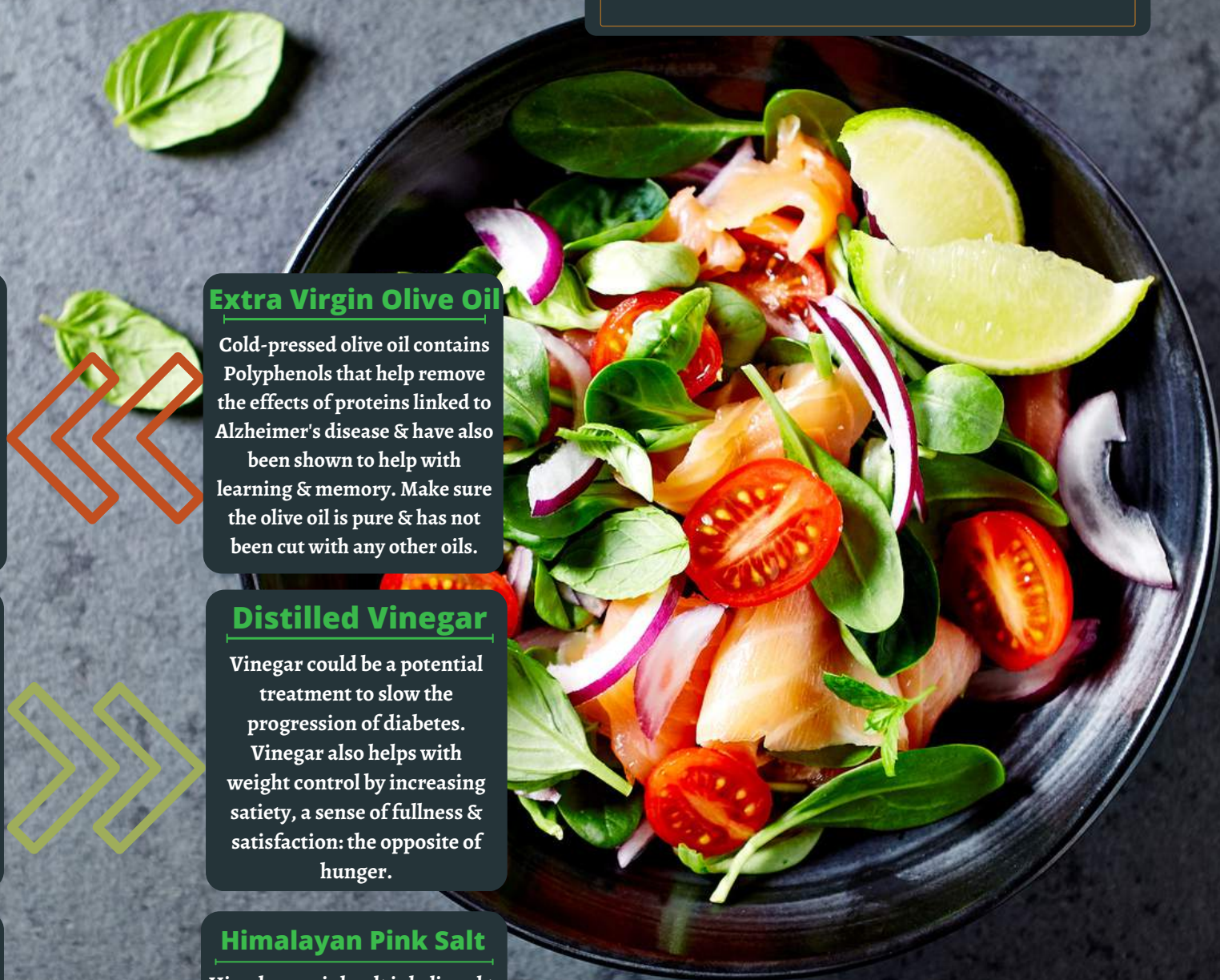
Cold-pressed olive oil contains Polyphenols that help remove the effects of proteins linked to Alzheimer's disease & have also been shown to help with learning & memory. Make sure the olive oil is pure & has not been cut with any other oils.

Distilled Vinegar

Vinegar could be a potential treatment to slow the progression of diabetes. Vinegar also helps with weight control by increasing satiety, a sense of fullness & satisfaction: the opposite of hunger.

Himalayan Pink Salt

Himalayan pink salt is believed to be the healthiest of all types of salt & is one of the purest salts available. It is full of elements, some of which are minerals valuable to your body's functions, including manganese, phosphorus, potassium, & iron.



Instructions

In a large bowl, combine:

- 1 container of arugula
- 1 tsp of **Himalayan pink salt**
- ¼ tsp of **black ground pepper**
- ½ tsp of **garlic powder**

- ½ - 1 tbsp of **extra virgin olive oil**
(start with ½ a tbsp & increase to 1
tbsp as needed) TIP: You DON'T want
the leaves to be heavy or soggy.

- ½ - 1 tbsp of **white distilled vinegar**
(start with ½ a tbsp & increase to 1
tbsp as needed) TIP: You DON'T want
the leaves to be heavy or soggy.

Mix with CLEAN, WASHED hands!

Munch, crunch, & enjoy!

Recipe

- **Arugula** - 1 container
- **Cold-Pressed, Extra Virgin**
Olive Oil - ½ - 1 tbsp
- **White Distilled Vinegar** - ½ -
1 tbsp
- **Himalayan Pink Salt** - 1 tsp
- **Black Ground Pepper** - ¼ tsp
- **Garlic Powder** - ½ tsp

Substitutions

- For this recipe, I use garlic powder, Himalayan pink salt, black pepper, & cold-pressed, extra virgin olive oil from Thrive Market. Thrive Market has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door!
- Add in a protein like an organic, pasture-raised chicken breast!
- Are you craving something else? Try mixing different dressings; some other great oils are avocado, toasted sesame, sesame, virgin coconut, & peanut oil!
- Feel free to swap to a mixed base of your favorite greens, or even try spinach or kale! Keep in mind, the darker the leaf, the better!