



# ARUGULA TOMATO WALNUT SALAD

Calories:134

Carb:6.9g

Fat:10.7g

Protein:4.3g

Servings:4

Prep time:5 mins

Cook time:0 mins

Category: Salad

## INGREDIENTS

- 2 cup arugula leaves
- 0.5 cup sunflower sprouts
- 10g walnuts
- 200g cherry tomatoes
- 1 tsp lemon juice
- Salt and pepper to taste

## DIRECTIONS

***1. Cut the tomatoes into halves. In a bowl mix arugula and sunflower sprouts.***

***2. Top with sliced tomatoes and walnuts, drizzle with lemon juice. Season with salt and pepper.***

***3. Toss to combine well, enjoy!***