



**Many Hands Organic Farm and  
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## Colorful Arugula Salad

From Janet Majure

This recipe comes from [Farm-Fresh Recipes](#)

### Ingredients:

- 1 head lettuce
- 1 bunch arugula
- 1 red pepper
- ½ lb mushrooms

### For dressing:

- 1 t Dijon mustard
- 1 T balsamic vinegar
- Salt and pepper
- 1 clove minced garlic
- ⅓ c olive oil

### Directions:

1. Prep lettuce and arugula into bite sized pieces
2. Add sliced pepper and mushrooms, mix dressing ingredients in shaker jar and serve over the veggies.