Arugula Salad with Apples and Walnuts

Printed from https://www.cancerquest.org/education-center/patient-caregiver-resources/recipes/arugula-salad-apples-and-walnuts on 11/15/2026

Description

An easy and delicious "cancer-healthy" salad

Tags
side dish
vegetarian

Preparation time
15 minutes

Ingredients
8 c Rúcula
1 Manzana en trozos (sin pelar)
2 T sunflower seeds
1⁄3 c chopped walnuts
1 c dried cranberries
1⁄4 c Non-fat Greek Yogurt (for the dressing)
1 t olive oil (for the dressing)
1 t lemon juice (for the dressing)
1 t honey (for the dressing)

Instructions

For the dressing, whisk together the yogurt, olive oil, lemon juice, and honey. Add all other ingredients together in a large bowl. Mix in the dressing and enjoy!

Notes

Nutritional benefits: Arugula is a cruciferous vegetable rich in natural antioxidants, Vitamins C and A. Walnuts are rich in Omega 3 fatty acids. These nutrients are associated with reduced risk of cancer. The yogurt based dressing is low in total fat and contains a desirable type of fat for good health (monounsaturated fat).