

Cucumber Noodle Salad with Feta & Arugula

(serves 2)

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- ¼ cup red wine vinegar
- juice from ½ of a lemon
- ½ teaspoon dried oregano
- salt
- freshly ground black pepper
- 1 English cucumber, spiralized through the slicer blade
- ½ of a small red onion, spiralized through the shredder blade
- ¼ cup arugula
- ¼ cup crumbled feta

DIRECTIONS:

- Combine the olive oil, vinegar, lemon juice, and oregano in a small bowl.
- Season with salt and pepper to taste.
- Press the cucumber noodles in between two paper towels to absorb all of the excess moisture.
- Combine the cucumber, onion, arugula, and feta in a large bowl.
- Toss to combine.
- Whisk the dressing together, then pour over the salad.
- Toss again before serving.