Turmeric Yogurt Salad



What You'll Need

› 1 Cup plain Greek Yogurt
› 1 tbsp ground turmeric
› ½ container of baby arugula
› 1 Tomato on the vine, cut into wedges
› ¼ Long English cucumber, diced
› ¼ cup of Tomatoes, quartered
› 1 tbsp diced orange, red, and yellow bell peppers

Vinaigrette

› 1 tbsp Lemon juice
› 4 tbsp Olive oil
› 1 tbsp Minced garlic
› 1 tsp Honey
› Salt and pepper (to taste)

Directions

- Prepare Vinaigrette: In advance, create the vinaigrette by mixing minced garlic, honey, and lemon juice in a bowl. Slowly whisk in olive oil until well combined and emulsified. Season with salt and pepper to taste.
- Turmeric Yogurt: In a separate bowl, combine Greek yogurt with ground turmeric, a pinch of salt, and pepper. This mixture can be made in advance and stored for use.
- Plate Yogurt Base: Using a large spoon, place a dollop of the turmeric-infused yogurt onto each plate and spread it out slightly using the back of the spoon.
- Prepare Arugula: Toss the baby arugula with a small amount of the prepared vinaigrette. Season with salt and pepper, then gently place it on the plate, allowing some of the yogurt base to show around the edges.
- Garnish: Decorate the salad with diced tomatoes, cucumber, and assorted bell peppers for a colorful and delightful presentation.