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Arugula Salad with Feta and Tomato

Published: Jan 30, 2023 · Modified: May 31, 2024 by Sula · This post may contain affiliate links · [12 Comments](#)

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This salad is for all the arugula lovers out there! The distinctively peppery taste of arugula is sometimes a surprise, if you expect your greens to be tasteless. But treat it with the right combination of flavors and you will love every bite!

I put a lot of my favorite salad flavors in this one: arugula, tomato, feta cheese. Those ingredients all have sharp flavors, so the dressing is highlighted by the sweetness of balsamic vinegar. This with the basil almost gives the salad a caprese quality, which is another of my favorites!

And for a final finishing touch: walnuts. I love the meaty crunch the walnuts give to this salad, giving it a little more texture and contrast.

It's a fantastic combination!



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Why This Recipe

When making a salad, I usually start with romaine lettuce. Which is perfectly yummy, but it is better to get a little variety in your life!

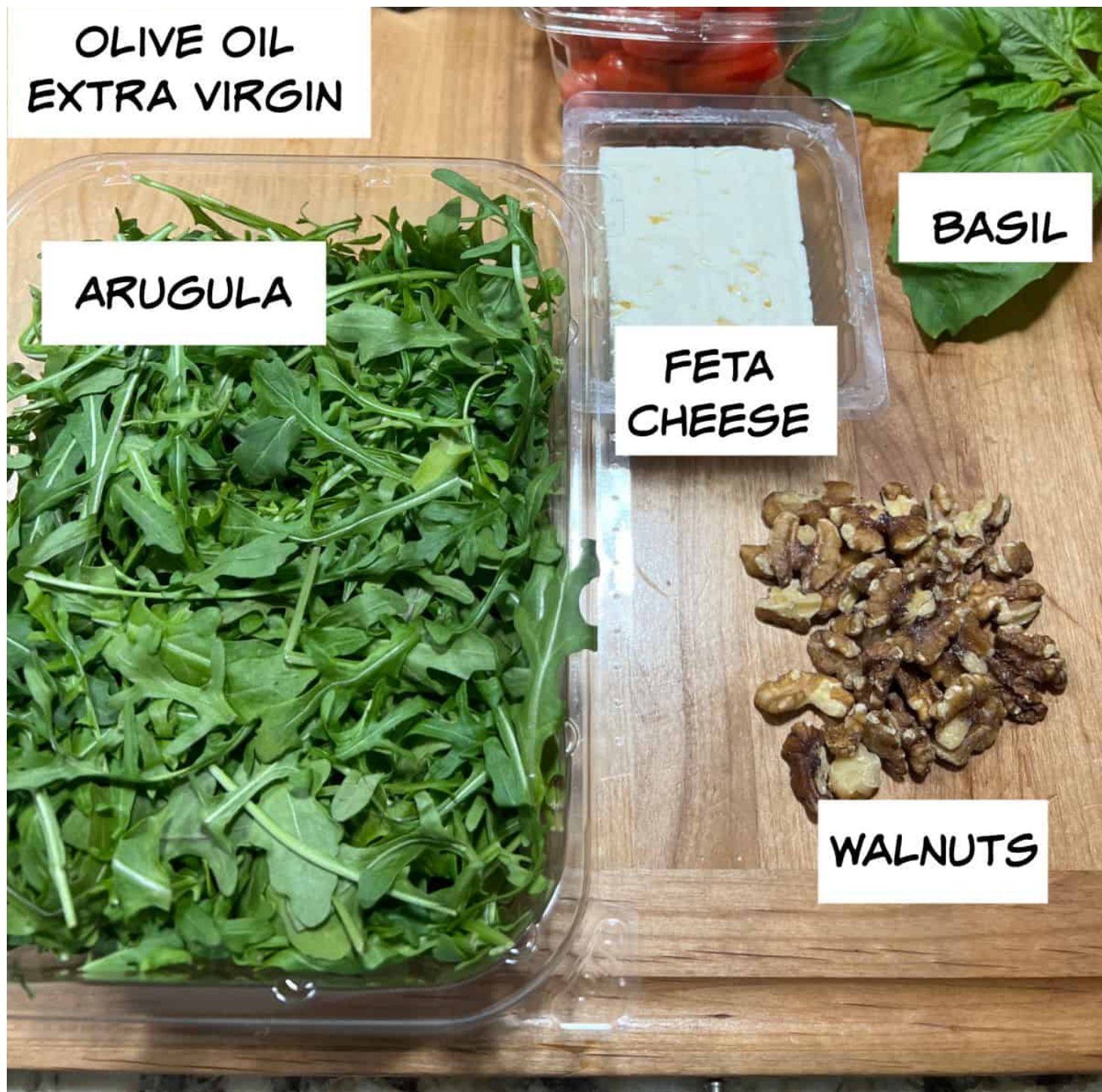
This salad starts with arugula, the dark green leafy plant sometimes called “rocket”. I like to develop salads with arugula because not only is it yummy, but it’s also the only green I can grow myself.

The local bunnies will eat any other lettuce, and many of my other green plants. But they don’t appreciate the peppery quality of arugula. So I plant some in a patio container every summer and enjoy having it at my disposal. 😊

In the winter, I can find this green at any of my local grocery stores.

Ingredients Needed





Be sure to scroll to the recipe card for
detailed quantities and directions



How to make this Arugula Feta Tomato Salad

This salad is easy and fast, which is really the best kind!

Prep your ingredients by halving the grape tomatoes, chunking up the feta cheese, cutting the basil into slivers, and washing the arugula.





An optional step is to remove the stems from the arugula. I sometimes do this when the arugula seems really “leggy”, for lack of a better term.





When that's the case, I will spend a few minutes trimming off the excess stems so I have a higher proportion of tender leaves in my salad. Purely a personal preference so this is of course optional.

Place the salad ingredients into a bowl.





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Then, whisk the dressing in a small cup until the ingredients emulsify, forming a smooth and slightly cloudy liquid.

Pour the dressing over the salad and toss gently to coat.





The final touch are walnuts, which provide a meaty taste and texture to round out the salad. If I'm making the salad up a little ahead of time, I like to add the dressing and walnuts just before serving to preserve all the textures.







Sula's Tips

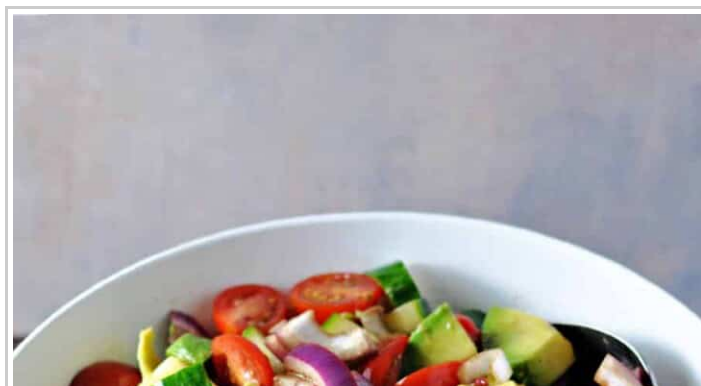
This salad is best on the day it is made. The dressing will cause the arugula to wilt if kept overnight.

To make ahead, simply prep all the ingredients and refrigerate the un-dressed salad separate from the dressing. Then, you will be able to add the dressing, toss, then finish with the walnuts just before serving.





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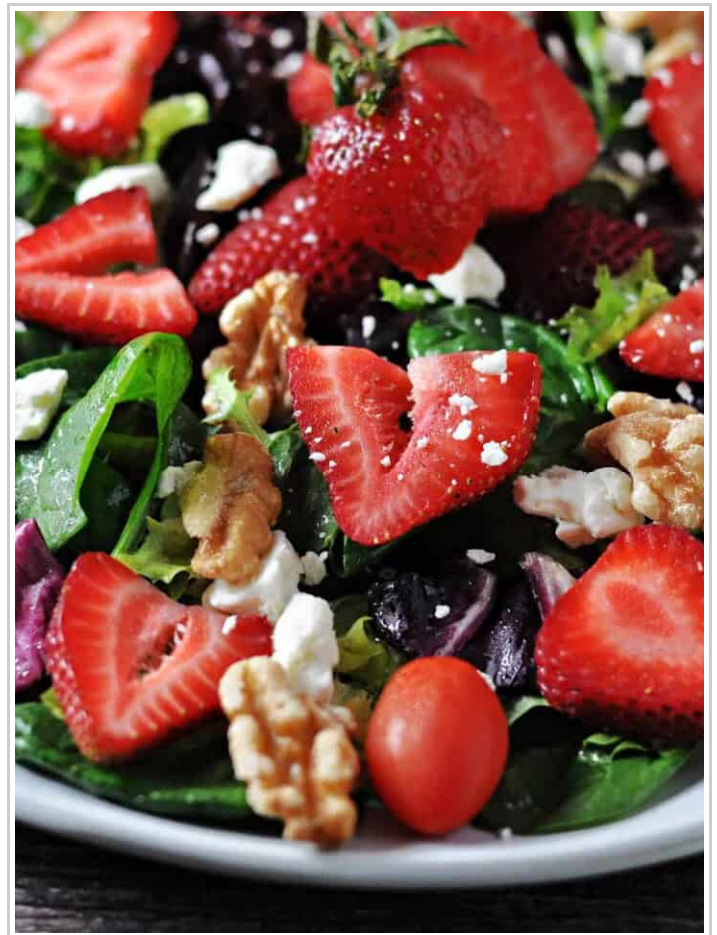
Arugula Avocado Salad



Cucumber Tomato Red Onion Salad



Broccoli Kale Salad with Cranberries



Strawberry Walnut Salad

Arugula lovers might also want to check out this [sprouted lentil salad](#) for another

delicious variation!

And you can serve this as a healthy side with [spaghetti arrabbiata](#) for a fantastic meatless Monday meal!

Recipe

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Arugula Salad with Feta and Tomato

This simple salad brings out the best flavor of arugula. The balsamic vinegar in the dressing gives the right amount of sweetness to balance the peppery taste, and the tomatoes and feta provide a burst of flavor in every



5 from 78 votes



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Prep Time	Cook Time	Total Time
5 mins	0 mins	5 mins

Course: Salad Cuisine: American Servings: [4](#) Calories: 268kcal
Author: Sula

Ingredients

- 5 ounces baby arugula
- 1 pint grape tomatoes 10 ounces, halved
- 4 ounces feta cheese in chunks
- ¼ cup fresh basil cut in thin strips
- ½ cup walnuts pieces

Dressing

- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil extra-virgin
- 1 clove garlic minced
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Instructions

1. Rinse and trim the arugula, as needed.
5 ounces baby arugula
2. Place arugula in a large bowl with the tomatoes, feta cheese and basil.
1 pint grape tomatoes, 4 ounces feta cheese, ¼ cup fresh basil
3. Whisk the dressing ingredients in a small cup until well combined/emulsified.
1 tablespoon balsamic vinegar, 2 tablespoons olive oil, 1 clove garlic, ¼ teaspoon salt, ⅛ teaspoon black pepper
4. Pour the dressing on the salad and toss gently to coat.
5. Just before serving, add the walnuts and toss if desired.

½ cup walnuts

Notes

Substitute cherry tomatoes for the grape tomatoes if preferred.

Nutrition

Calories: 268kcal | Carbohydrates: 10g | Protein: 8g | Fat: 23g | Saturated Fat: 6g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 8g | Cholesterol: 25mg | Sodium: 486mg | Potassium: 506mg | Fiber: 3g | Sugar: 5g | Vitamin A: 2028IU | Vitamin C: 22mg | Calcium: 228mg | Iron: 2mg

Nutrition values are estimates only, using online calculators. Please verify using your own data.

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Comments

Amy Liu Dong

February 06, 2023 at 8:04 pm

I love this recipe! It is so delicious and so easy to make.

[REPLY](#)**Sula**

February 11, 2023 at 11:39 am

Thank you!

[REPLY](#)**Jennifer**

February 06, 2023 at 7:53 am

I love arugula and it pairs so nicely in this salad! The feta and tomatoes are a perfect match and the peppery greens blend right in! Nice and light and delish!

[REPLY](#)**Sula**

February 11, 2023 at 11:40 am

Thank you Jennifer! I really think arugula is under-utilized, it really deserves more attention!



REPLY**Glenda**

February 04, 2023 at 10:01 pm

Balsamic dressing is the perfect bite with peppery arugula. The creamy feta and crunchy walnuts added the texture I crave and juicy tomatoes took it over the top. This simple salad recipe came together in minutes. What a delicious and satisfying lunch!

REPLY

**Sula**

February 11, 2023 at 1:24 pm

Thank you Glenda, I'm so happy you enjoyed it!

REPLY

Anne Jolly-Gustk

February 04, 2023 at 1:01 pm

This is simple and delicious! And the basil is a fantastic addition, it really makes the flavors pop.

REPLY

Sula

February 09, 2023 at 8:33 am

Thank you! I do love that unexpected flavor the basil provides 😊

REPLY

Kris

February 02, 2023 at 8:29 pm

The walnuts added such a nice crunch to this salad and the balsamic added the perfect sweetness. We really enjoyed this and look forward to making it again!

REPLY

Sula

February 09, 2023 at 8:31 am

I'm so glad you enjoyed it, thank you for the kind review!

REPLY

Healing Tomato

February 02, 2023 at 4:31 pm

This is a very creative salad and so easy to make. I love the simple ingredients in it that bring the best flavors.

[REPLY](#)**Sula**

February 09, 2023 at 8:30 am

Easy and delicious always wins for me!

[REPLY](#)

★★★★★ 5 from 78 votes ([72 ratings without comment](#))

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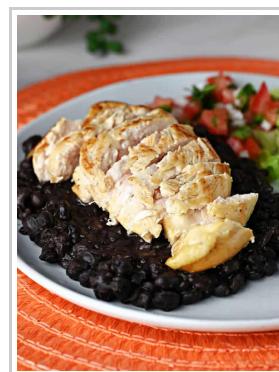
I once told someone that my favorite reading materials were cookbooks and menus. He didn't understand. But since you are here, I'll bet you get it.... at least a little, right?

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