Ingredients

* 2 lbs arugula
* 2 lbs baby spinach 8 teaspoons honey
* 30 clementines 8 teaspoons Dijon mustard
* 2 cup shelled sunflower seeds Juice of 4 limes
* 1 ½ cup olive oil Salt and Pepper
* ½ cup rice wine vinegar

Procedure

1. Wash and dry the spinach and arugula. Place in large bowl.
2. Peel and section the clementines and add to the bowl.
3. Place the sunflower seeds in a dry pan nonstick pan over medium heat for 1-2 minutes until golden brown. Be sure to keep a close watch on them so they do not burn.
4. In a separate bowl, whisk the vinegar (sour), honey (sweet), mustard (spicy) and lime juice (sour/sweet) together and slowly add in the oil.
5. Smash salt and pepper and season dressing to taste. Adjust ingredients until the dressing is well balanced.
6. Toss the salad with the dressing, adding little bits at a time. Try not to break up the clementine segments.