



Arugula, Corn and Tomato Salad



Ingredients: Makes 4 servings.

- 8 Cups arugula (about 4 oz)
- 1 Ear corn, husked
- 4 Cherry tomatoes quartered
- 1/4 Cup olive oil
- 1/4 Cup balsamic vinegar
- 3 Tbs. chopped fresh basil
- 2 Cloves garlic, minced
- 3/4 Tsp. minced fresh rosemary or 1/2 tsp. dried
- 1/4 Cup pecans, walnuts or peanuts.

Source: www.epicurious.com

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010

Dressing: Whisk oil, vinegar, basil, diced tomatoes, garlic and rosemary in small bowl until well blended. Season to taste with salt and pepper.

Preparation: Cut corn kernels off cob. Place kernels in a large bowl. Add arugula, quartered tomatoes and nuts to bowl with corn. Toss salad with enough dressing to coat. Garnish salad with shaved parmesan cheese an serve.

Nutritional information for 1 serving:
Calories 260, Fat 8gm, Saturated fat 2 gm, Cholesterol 1gm, Sodium 77mg.



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