

Arugula Salad with Sweet Corn and Avocado

YIELD: 4 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic, limit avocado (tolerated in small amounts), and swap honey with maple syrup

INGREDIENTS

½ tsp lime juice
1 clove garlic, minced
½ shallot, minced
½ serrano chili, minced, seeds removed
1 ear sweet corn, poached in seasoned water
1 tomato, diced
1 avocado, diced
2 Tbsp cilantro, chopped
½ tsp cumin, ground
5 oz baby arugula
4 Tbsp pine nuts, raw or gently toasted
Extra virgin olive oil (to taste)
Wine vinegar, red or white (to taste)
Honey (to taste)
Salt, kosher (to taste)
Pepper (to taste)

DIRECTIONS

1. In a non-reactive bowl (stainless steel, glass, or enamel), toss lime juice (½ tsp) with garlic, shallot, and serrano. Set aside for 10 minutes.
2. Gently fold in the sweet corn, tomato, avocado, cilantro (2 Tbsp), and cumin (½ tsp). Season to taste with salt and pepper.
3. In another non-reactive bowl, lightly sprinkle the baby arugula (5 oz) with olive oil, wine vinegar, and honey.
4. Sprinkle lightly with salt, and gently toss to coat all the arugula. Taste and adjust flavor with additional olive oil, vinegar, honey, and/or salt.
5. Plate and serve sprinkled with pine nuts.

Chef tip: Add more protein by topping your salad with salmon, chicken, white beans, or chickpeas.



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NUTRITION FACTS

Serving size 1 (5.3oz)

Amount Per Serving	151g
Calories	138
	% Daily Value
Total Fat 9.3g	14%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 647mg	27%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	5%
Sugars 5g	
Protein 3g	6%
Vitamin A	25%
Vitamin C	28%
Calcium	8%
Iron	7%