



---

## Uploaded to the VFC Website

▶▶ June 2014 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization  
Tax ID #27-3820181  
CA Incorporation ID #3340400  
CA Dept. of Charities ID #: CT-0190794*

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## Corn, Arugula & Tomato Salad

- 3 Tablespoons red-wine vinegar
- 3 Tablespoons minced shallots
- 6 Tablespoons extra-virgin olive oil
- ¼ Teaspoon salt
- Freshly ground pepper, to taste
- 6 Cups loosely packed arugula, (about 6 ounces)
- 2 Cups corn kernels, (about 4 ears)
- 1 ½ Pints cherry tomatoes, halved

- 1) Combine vinegar and shallots in a large bowl and let stand at room temperature for 10 minutes.
- 2) Whisk oil into the vinegar mixture until blended. Season with salt and pepper. Add arugula and toss to coat. Arrange the arugula on serving plates. Add corn and tomatoes to the bowl, toss to coat with the dressing that remains, then spoon the mixture over the arugula and serve.

Makes 6 servings

