

INSPIRED SENIOR LIVING WITH



Corn and Arugula Salad

by Dining Services Manager, of The Roxborough Retirement Residence

Yields 2



INGREDIENTS

- 1 cob of corn, roasted and kernels removed
- ½ red onion- finely sliced
- ½ can of black beans, drained
- ½ fresh jalapeno, finely diced
- ¼ cup crumbled feta cheese
- 4 fresh arugula

DRESSING INGREDIENTS

- ¼ cup of Mayonnaise 2
- 2 limes – zest and juiced
- ¼ bunch of Cilantro finely chopped
- Salt & pepper to taste
- Mix thoroughly

Bon Appetit!

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