



Tuna, Egg, Corn & Arugula Salad

2 servings

20 minutes

Ingredients

- 4 Egg
- 3 cups Arugula
- 1 can Tuna (drained)
- 2/3 cup Corn (cooked)
- 3 tbsps Green Goddess Salad Dressing

Nutrition

Amount per serving	
Calories	365
Carbs	14g
Fiber	2g
Sugar	5g
Protein	32g
Cholesterol	411mg
Sodium	549mg
Vitamin A	1439IU
Vitamin C	7mg
Calcium	127mg
Iron	4mg
Vitamin D	121IU

Directions

- 1 Bring a pot of water to a boil, then reduce the heat slightly and add the eggs. Cook for seven minutes. Remove the eggs from the pot and transfer them to an ice-water bowl. Peel the eggs once they are cool enough to handle.
- 2 Divide the arugula, peeled eggs, tuna, and corn evenly between bowls. Add the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add the dressing just before serving.

Serving Size: One serving is approximately 1 1/2 cups of arugula, two eggs, half a can of tuna, 1/3 cup of corn, and 1 1/2 tablespoons of dressing.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.