**Arugula Salad with Crispy Potato Croutons and Chili Lime Dressing**



**Description:** Crispy baby potatoes are seasoned with cumin and oregano before being nestled on a bed of arugula, pumpkin seeds, and grilled corn. This salad is served with a tangy buttermilk-chipotle-lime dressing.

**Servings:** 6

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Total Time:** 40 minutes

**Potato Type:** Fingerling or Petite Potatoes

**Course:** Salad, Appetizer, Performance

**Ingredients**

For the potato croutons:

* 1.5 pounds (680g) Fingerling Potatoes, sliced ½ inch thick
* As Needed Olive Oil Spray
* 1 tablespoon (6g) Cumin
* 2 teaspoons (5g) Sea Salt
* 1 teaspoon (2g) Black Pepper
* 2 teaspoons (3g) Oregano

For the Salad:

* 5 cups (125g) Arugula
* ¾ cup (89g) Toasted Pumpkin Seeds
* 1 cup (164g) Sweet Corn

For the Dressing:

* ½ cup (60ml) Non-Fat Greek Yogurt
* 1/3 cup (80g) Light Mayo
* ¼ cup (60ml) Cultured Buttermilk
* ½ cup (20g) Cilantro, chopped
* 1 each (10g) Chipotle Peppers in Adobo Sauce, chopped fine
* 2 tablespoons (30ml) Freshly Squeezed Lime Juice
* 1 teaspoon (2g) Garlic Powder
* 1 tablespoon (3g) Fresh Chives, chopped fine (Dried Chives can be subbed, just reduce to 2 teaspoons)

**Preparation**

1. To prepare the croutons, slice the fingerling potatoes into coins about ½ inch thick. Spray them with the olive oil spray and arrange them on a baking sheet. Place into a preheated 400 °F (204 °C) oven. Roast the potatoes for 20-25 minutes or until they are crispy and golden. While the potatoes are cooking, mix the cumin, salt, black pepper and oregano together in a small bowl. When the potatoes are done season them with the spice mix.
2. To char the corn, remove the husk and place the corn over an open flame, or a grill, or under a broiler for 3-5 minutes turning often until the corn is blistered and black. Allow the corn to cool slightly before cutting the corn kernels off the cob.
3. For the salad, simply arrange a bed of arugula into a serving dish, and top with toasted pumpkin seeds, charred corn kernels, and the potato croutons.
4. To make the dressing, place all the ingredients together in a bowl and whisk until smooth and creamy.
5. To serve drizzle the dressing over the top of the salad and enjoy.



Vitamin C: 32.3 mg