



Raw Corn, Arugula, and Pecorino Salad with Grilled Chicken Breast

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



608 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula packed
- ☐ 2 chicken breasts whole bone-in halved
- ☐ 1 ounce chili powder
- ☐ 1 tablespoon coriander seeds
- ☐ 2 cups absolutely corn kernels fresh 3 ears
- ☐ 0.3 cup fennel seeds
- ☐ 2 teaspoons sage leaves fresh chopped

- ☐ 2 tablespoons ground cinnamon
- ☐ 2 tablespoons kosher salt
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 3 small oranges
- ☐ 1.5 teaspoons oregano leaves fresh coarsely chopped
- ☐ 1.5 ounces pecorino
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon peppercorns
- ☐ 0.5 onion red minced
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper freshly ground

Equipment

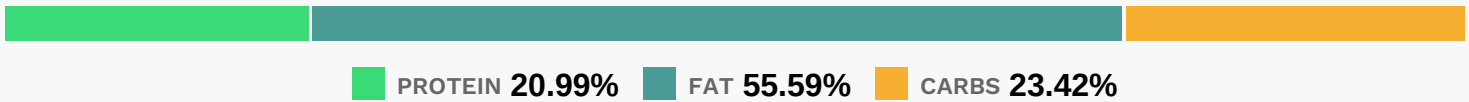
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Prepare a grill or grill pan. Season both sides of the chicken with spice rub, salt and pepper.
- ☐ Brush the chicken breasts on both sides with olive oil. Grill skin side down, until well-browned and cooked through, about 8 minutes on each side.
- ☐ While the chicken is cooking, make the salad.
- ☐ Combine the corn kernels, arugula, and oregano in a bowl.

- ☐ Add desired amount of citrus vinaigrette, toss, and season with salt and pepper. With a vegetable peeler, shave the pecorino onto the salad. Toss lightly.
- ☐ Slice chicken into bite size pieces, place on top of salad and serve.
- ☐ Toast the fennel seeds, coriander seeds, and peppercorns in a small, heavy pan over medium heat. When the fennel turns light brown, work quickly and add the red pepper flakes, and toss. Immediately turn the spice mixture out onto a plate to cool. Put mixture in a blender with the chili powder, salt, and cinnamon and blend until the spices are evenly ground. If you have a small spice mill or a coffee grinder dedicated to grinding spices, grind only the fennel, coriander, pepper, and chili flakes.
- ☐ Pour into a bowl and toss with the remaining ingredients. Keep the spice mix in a glass jar in a cool, dry place, or freeze.
- ☐ Cut off and discard the stem ends of 2 oranges.
- ☐ Cut into quarters, cut out the core, and pull out seeds.
- ☐ Place in a blender or food processor. Squeeze the juice from the remaining orange into the blender and add the red onion, sage, salt, and pepper. Pulse and then blend the fruit until as smooth as possible. With the machine running, add the olive oil in a thin, steady stream. The vinaigrette will be thick like a mayonnaise. If it is too thick, with the machine still on, thin with a little warm water. Taste for seasoning. Cover and refrigerate for up to 3 days. If the vinaigrette separates, shake it up in a jar or return it to the blender and blend until smooth again.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:41.307391845662%

Flavonoids

Hesperetin: 19.62mg, Hesperetin: 19.62mg, Hesperetin: 19.62mg, Hesperetin: 19.62mg Naringenin: 11.03mg, Naringenin: 11.03mg, Naringenin: 11.03mg, Naringenin: 11.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 608.26kcal (30.41%), Fat: 39.59g (60.9%), Saturated Fat: 7.22g (45.11%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 25.13g (9.14%), Sugar: 12.94g (14.37%), Cholesterol: 83.38mg (27.79%), Sodium: 4673.33mg (203.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.26%), Copper: 3.36mg (168.17%), Manganese: 1.95mg (97.55%), Vitamin B3: 14.75mg (73.73%), Vitamin A: 3102.96IU (62.06%), Vitamin B6: 1.21mg (60.34%), Vitamin C: 49.55mg (60.06%), Selenium: 40.84µg (58.34%), Vitamin E: 8.08mg (53.89%), Vitamin K: 53.96µg (51.39%), Fiber: 12.4g (49.61%), Phosphorus: 469.5mg (46.95%), Calcium: 353.41mg (35.34%), Potassium: 1163.49mg (33.24%), Magnesium: 125.07mg (31.27%), Iron: 5.02mg (27.87%), Vitamin B5: 2.57mg (25.67%), Vitamin B1: 0.32mg (21.22%), Vitamin B2: 0.35mg (20.41%), Folate: 79.16µg (19.79%), Zinc: 2.17mg (14.48%), Vitamin B12: 0.35µg (5.75%), Vitamin D: 0.17µg (1.11%)