Baby arugula salad is my go-to when I need a quick side salad recipe for fish, steak, chicken, or pork chops! This healthy Arugula Salad with shaved parmesan requires no chopping, takes just minutes to whip up, and is so good! I make it all the time, and can’t believe I have never posted it here. It’s the perfect side dish with so many meals, or you can double the portion and add grilled shrimp, salmon, or chicken to make it a main dish. For more arugula salad recipes, try my Arugula Salmon Salad with Capers and Shaved Parmesan, or this Peach Arugula Salad. This easy peppery arugula salad recipe takes only minutes to make! I love whipping up this side salad when I need something green to round out my meal. It pairs well with most dishes and is great when you don’t have much extra time for a side dish. Here are some serving suggestions: Green salads are best eaten the day they are made because the leftovers will get soggy. Just make the amount of salad that you will eat in one night and store the ingredients separately. Arugula and baby arugula are the same, but baby arugula is picked earlier. The taste is milder and less peppery, and the leaves are smaller. Arugula has a strong, peppery taste which pairs great with lemon. Baby arugula has a milder pepper taste. There’s no need to cut arugula since it’s already bite-sized. You can cut it, though, if you prefer smaller pieces. Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!