

Harvest Time Corn Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

SERVING SIZE: 4 oz.

Ingredients	Qty	Measure
Fresh corn on the cob	4	each
Cherry tomatoes (cut in half)	1	cup
Cucumber (seeded and diced small)	1	cup
Avocado (diced small)	1	cup
Red onion (chopped small)	½	cup
Fresh basil (chiffonade)	¼	cup
Juice of fresh lemons (juice)	¼	cup

Preparation

1. Grill corn and cut off cob.
2. Toss grilled corn, cherry tomatoes, cucumber, avocado and red onion in a medium bowl.
3. Add basil and lemon juice, toss and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 93 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 16g Fiber: 3g Total Sugar: 4g Protein: 3g Sodium: 4mg Vitamin A: 20µg
Vitamin C: 12mg Calcium: 15mg Iron: 1mg Folate: 36µg

