

Blueberry Corn Salad



This low-calorie salad highlights the flavors of the season by combining sweet blueberries and corn to create a bright, refreshing side dish.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 cup	Corn, fresh or frozen (defrosted)
1 cup	Blueberries
½ cup	Cucumber or Zucchini, diced
¼ each	Red Onion, diced small
¼ cup	Cilantro or Basil, fresh, leaves chopped (optional)
½ each	Jalapeno Pepper, seeded and minced (optional)
1 Tbsp	Lime Juice, Lemon Juice or Apple Cider Vinegar
1 Tbsp	Olive Oil
2 tsp	Honey
¼ tsp	Cumin, ground (optional)
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

This dish is easily customized to suit your tastes. It keeps well stored in the refrigerator in a sealed container.

Try this salad as a side dish with your favorite grilled protein or add it to your favorite salad greens for a light meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. If using fresh corn, it can be left raw, grilled or cooked lightly and cut from the cobs (try cutting off the top and bottom of the cob before removing the husk and microwaving for 2 minutes – the husk will slide right off and the corn will be just cooked). If using frozen corn, allow it to defrost to room temperature.
3. In a large bowl, combine the corn, blueberries, cucumber, red onion, cilantro or basil, and jalapeno (if using).
4. In a small bowl, whisk the lime juice, olive oil, honey and cumin together until combined.
5. Pour the dressing mixture over the salad, season with the salt and pepper, and toss gently.
6. Cover and refrigerate the salad until ready to serve (at least 30 minutes).

Nutrition Facts

4 servings per container

Serving Size 3/4 cup (115 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 3g Added Sugars 6%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.47mg 3%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

