

Cold Corn Salad

Yield: 8 servings

Ingredients

- 2 cups corn frozen
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 tablespoon dijon mustard
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper; ground
- ½ cup red bell pepper; diced small
- ¼ cup green onion; sliced thin
- ½ cup red onion; diced small
- ¼ cup cilantro fresh; chopped


Instructions

1. Rinse corn under cold water. Place in a small bowl and set aside.
2. In a bowl combine the olive oil, apple cider vinegar, mustard, salt and pepper. Whisk thoroughly.
3. Place the red bell pepper, green onion, red onion and cilantro in the bowl with the corn. Pour the dressing over the corn mixture and toss to coat. Serve cold.

Nutrition Information

Serving Size: ½ cup
Calories: 104
Total Fat: 7 g
Saturated Fat: 1 g
Monounsaturated Fat: 4 g
Sodium: 96 mg
Total Carbohydrate: 10 g
Dietary Fiber: 1 g
Sugars: 1 g
Protein: 1 g

Source: Health Meets Food



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Presented by
Culinary Medicine

X21918 FY18.11.189.X-3 © Spectrum Health 08.2018