



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Sweet Corn Salad

Ingredients:

- 2 cups fresh corn kernels
- 1 large tomato, diced
- 1 cucumber diced
- ½ red onion, sliced
- ¼ cup lime or lemon juice or 3 Tbsp wine vinegar
- Pinch of sugar or drop of honey
- 1 tablespoon olive oil
- ½ teaspoon salt
- Black pepper to taste

Directions:

1. Toss everything in a bowl to combine.

Did you know that fresh corn can be eaten raw? If you prefer to cook your corn before adding it to your salad, you can try grilling, boiling, roasting, or even microwaving it. Directions for cooking fresh corn: eatfresh.org/discover-foods/corn

Serves 4

120 calories, 3 g fat, 1 g saturated fat, 21 g carbohydrate, 3 g fiber, 3 g protein, 404 mg sodium

Source: EatFresh

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