



INGREDIENTS

4 ears of corn

1 cucumber, seeded and diced small

1 cup of grape tomatoes, halved

1 cup of peppers, seeded and diced small

¼ cup of basil thinly sliced

1 cup of sprouts

Vinaigrette:

1/2 cup of olive oil

¼ cup red wine vinegar

1 garlic clove, minced or grated

½ teaspoon salt

INSTRUCTIONS

Cook corn in a pot of boiling water for 15 minutes, let the corn cool down and then remove kernels from the cob and place them in a bowl. Add the rest of the ingredients to the bowl. Prepare the vinaigrette by whisking together the ingredients then add the vinaigrette to the salad and toss until well combined. To serve top the salad with the sprouts.

This is a great salad to enjoy as a main meal or as a side to grilled fish or chicken.

Benefits of Corn

1. Good source of fiber
2. Good source of vitamins and minerals

Uses in the kitchen: boiled, roasted, grilled