

## Confetti Salad

Enjoy this colorful combo with ingredients available year-round.

- 1 cup frozen **corn** niblets, defrosted
- 1 cup **grape tomatoes**, halved
- 1 **orange bell pepper**, diced
- 1 medium **green apple**, seeded and diced
- 2 tbsp **olive oil**
- 1 tbsp fresh **lime juice**
- 2 tsp **honey**
- ¼ tsp chopped **garlic**
- Pinch **red pepper flakes**
- 1 cup **red cabbage**, finely chopped
- 1 cup **arugula** leaves

**MAKES ABOUT 6 (1-cup) SERVINGS.**

103 calories | 1.7g protein | 4.9g total fat | .6g sat fat | 3.3g mono fat | .5g poly fat  
| 0.0mg cholesterol | 15.5g carbs | 6.4g sugar | 2.5g fiber | 8.2mg sodium

## EASY | RECIPE



1. In a salad bowl, combine first 4 ingredients.
2. In a smaller bowl, mix olive oil, lime juice, honey, garlic, and pepper flakes; drizzle over salad.
3. Gently fold in cabbage and arugula just before serving.