

Summer Corn Salad

EASY recipe

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|---|---|
| 3 cups fresh, frozen (defrosted)
or canned (and drained)
corn niblets | ¼ cup chopped fresh
parsley or basil |
| 1 cup chopped cucumber | 3 tbsp olive oil |
| 1 cup diced tomato | 2 tbsp apple cider vinegar |
| ¼ cup diced red onion | 1 tsp Dijon mustard |
| | ¼ cup crumbled feta cheese |

In a large bowl, add corn, cucumber, tomato, onion and parsley.

In a small container with a lid, add oil, vinegar and mustard.

Shake well, then add dressing to vegetables, and toss to coat.

Top with feta cheese and serve.



Makes 6 servings. Per serving:

170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar | 3g fiber | 98 mg sodium