

Summer Salad with Corn, Peppers and Zucchini



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 10 minutes | **Cook:** 10 minutes

INGREDIENTS

- 4 ears corn, husks removed
- 2 zucchinis, diced
- 2 bell peppers, diced
- 2 tablespoons vinegar
- 1/4 cup cooking oil
- Parsley or cilantro, minced (optional)
- Salt and black pepper, to taste

DIRECTIONS

1. Fill a large pot about halfway with water. Bring to a boil over medium-high heat. Add corn to boiling water and cook until kernels are tender, about 3-5 minutes.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
3. In a separate bowl or container, whisk vinegar, oil, and cilantro or parsley (if using) to create the salad dressing.
4. Add diced zucchini and peppers to the bowl with corn, then add dressing and toss well to coat.

Notes:

- For another twist on this dish, try grilling or roasting any of the vegetables before creating the salad.
- If you don't have fresh corn, substitute with 3 cups of canned or frozen corn.



Nutrition Information

Serving size: 1/4 recipe

Total calories	280
Total fat	16 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	18 mg
Carbohydrates	34 g
Fiber	6 g
Sugar	13 g
Protein	7 g

Recipe adapted from Genius
Kitchen