

Fresh Corn and Cucumber Salad

Scan for interactive recipe



GREATER CHICAGO
- FOOD -
DEPOSITORY.

Serves: 2

Prep: 15 minutes

INGREDIENTS

Salad

- 1 head romaine lettuce, chopped
- 1-2 small cucumbers, diced
- 1 ear of corn, kernels cut off cob
- 1/4 cup crumbled feta cheese
- 4 leaves basil, minced

Dressing (or use your favorite bottled dressing)

- 1/4 cup olive oil
- 1/8 cup balsamic vinegar
- 2 generous pinches salt & black pepper

DIRECTIONS

1. Prepare vegetables. Chop romaine lettuce. Dice cucumbers. Cut corn from cob. Mince basil leaves.
2. Prepare dressing by pouring olive oil & balsamic vinegar into a glass jar (or other container). Add salt and pepper and vigorously shake until mixed well.
3. Place all ingredients into a bowl and toss. Add dressing. Sprinkle on cheese and serve.

Notes:

- If you don't have fresh corn, substitute with 1/2 cup of canned or frozen corn.
- If you don't have fresh basil, substitute with 1 teaspoon of dried basil.



Nutrition Information

Serving Size: 1/2 of recipe

Calories	220
Total fat	8 g
Saturated Fat	3 g
Cholesterol	17 mg
Sodium	405 mg
Carbohydrates	34 g
Fiber	3 g
Sugar	12 g
Protein	10 g

Recipe source: Greater Chicago Food Depository