Fresh Corn and Cucumber Salad

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

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

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<th>Serving Size: 1/2 of recipe</th>
<th>Calories</th>
<th>Total fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
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<td>220</td>
<td>8 g</td>
<td>3 g</td>
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<tr>
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Recipe source: Greater Chicago Food Depository

GREATER CHICAGO FOOD DEPOSITORY

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