

CITRUS CORN SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 80

Total Fat: 4.5 g

Saturated Fat: 0.5 g

Sodium: 60 mg

Total Carbohydrate: 12 g

Dietary Fiber: 2 g

Total Sugars: 6 g

Added Sugars: 1 g

Protein: 1 g



Ingredients

Salad

- 2 cups corn kernels, uncooked (4 medium ears of corn)
- 2 cups diced cucumber (1 large cucumber)
- 1 cup diced red bell pepper (1 medium bell pepper)
- ½ cup chopped red onion
- 2 Tablespoons finely chopped fresh cilantro leaves

Citrus Dressing

- 1 Tablespoon fresh lemon juice
- 2 Tablespoons cranberry juice
- 1 teaspoon lemon zest
- 1 Tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



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- 3 Tablespoons extra-virgin olive oil

Directions

1. Add all salad ingredients except cilantro to large bowl.
2. In a small bowl, add dressing ingredients and whisk until combined.
3. Pour dressing over salad and toss to coat. Refrigerate overnight. Add cilantro and toss just before serving.