

SMOKY CORN AND LENTIL SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6

Nutrition (per serving)

Calories: 175

Total Fat: 6 g

Saturated Fat: 0.5 g

Sodium: 66 mg

Total Carbohydrate: 29 g

Dietary Fiber: 6 g

Protein: 6 g

Ingredients

- 3 ½ cups corn kernels (fresh or frozen)
- 1 cup cooked green lentils (can use any cooked or canned legume)
- 1 red bell pepper, small dice
- 1 large tomato, chopped
- 3 green onions, sliced
- 1 small jalapeno, seeds removed and mince
- 4 tablespoons lime juice
- 1 tablespoon lime zest
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

1. Char the corn under a broiler or in a cast iron pan and place in a mixing bowl.
2. Add the rest of the ingredients and mix well. Can be served hot or cold.