

FIRE ROASTED CORN and RED PEPPER SALAD

SERVES: 8 | SERVING SIZE: 2/3 cup | PREP: 10 minutes | READY: 30 minutes

INGREDIENTS

2 tablespoons canola oil
2 tablespoons fresh-squeezed lime juice
1 tablespoon white wine vinegar
1 clove garlic, minced
1 teaspoon sugar
1 teaspoon chili powder
1 teaspoon ground cumin
3/4 teaspoon kosher salt
1/4 teaspoon black pepper
4 ears of corn, husks and silks removed
(3 1/2 cups corn kernels)
2 medium red bell peppers
1/3 cup diced red onion
2 to 4 tablespoons finely diced jalapeno pepper (remove seeds for less heat)
1 tablespoon minced cilantro (optional garnish)
8 lime wedges (optional garnish)



DIRECTIONS

In a jar with a tight-fitting lid, place oil, lime juice, vinegar, garlic, sugar, chili powder, cumin, salt, and black pepper. Shake to combine and set aside.

Prepare a medium-hot fire in a grill. Husk corn and remove silks. Cut each red pepper into 3 or 4 sections, removing seeds. Place corn and red pepper sections directly on grill grate. Grill vegetables, turning often for even cooking, until lightly charred, about 8 to 10 minutes.

Once cool enough to handle, cut corn kernels from cob and place in a large bowl. Dice red pepper and add to bowl along with red onion and jalapeno pepper. Add dressing and stir to combine. Garnish with cilantro and serve with lime wedges.

NUTRITION INFORMATION PER SERVING

95 calories, 5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 182 mg sodium, 13 g total carbohydrate, 2 g dietary fiber, 5 g total sugars, 0.5 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 7 mg (0%) calcium, 0 mg (0%) iron, 219 mg (4%) potassium

