

# Harvest Time Corn Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Servings Size: 4 ounces

Ingredients	Quantity	Measure
Corn on the cob, fresh	4	each
Cherry tomatoes, cut in half	1	cup
Cucumber, seeded and diced small	1	cup
Avocado, diced small	1	cup
Red onion, chopped small	1/2	cup
Fresh basil, chiffonade	1/4	cup
Juice of fresh lemons, juice	1/4	cup

## Preparation

1. Grill corn and cut off cob.
2. Toss grilled corn, cherry tomatoes, cucumber, avocado and red onion in a medium bowl.
3. Add basil and lemon juice, toss and serve.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 93 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 3g Total Sugar: 4g Protein: 3g Sodium: 4mg  
Vitamin A: 20µg Vitamin C: 12mg Calcium: 15mg Iron: 1mg Folate: 36µg

