



Cold Corn Salad

This salad adds color and a bright taste to your dish. Add extra veggies such as carrots and zucchini for more flavor.

<u>U.S.</u>		<u>Metric</u>
2 cups	Corn, frozen	272 g
1/4 cup	Olive Oil	59.2 mL
1/4 cup	Apple Cider Vinegar	59.2 mL
1 Tbsp	Creole Mustard	15 g
1/8 tsp	Salt, Kosher	0.75 g
1/4 tsp	Black Pepper, ground	0.6 g
1/2 cup	Red Bell Pepper, diced small	74.5 g
1/4 cup	Green Onion, sliced thin	25 g
1/2 cup	Red Onion, diced small	80 g
1/4 cup	Cilantro, fresh, chopped	7.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Rinse corn under cold water. Place in a small bowl and set aside.
3. In a bowl combine the olive oil, apple cider vinegar, mustard, salt and pepper.
4. Place the red bell pepper, green onion, red onion and cilantro in the bowl with the corn. Pour the dressing over the corn mixture and toss to coat. Serve cold.

Nutrition Facts

Serving size **1/2 cup**
Servings **8**

Calories 104
Calories from Fat 60

Total Fat 7 g
Saturated Fat 1 g
Trans Fat 0 g
Monounsaturated Fat 5 g
Cholesterol 0 mg
Sodium 96 mg
Carbohydrates 10 g
Dietary Fiber 1 g
Sugars 1 g
Protein 1 g

Vitamin A 40 %
Calcium 0 %
Vitamin C 21 %
Iron 0 %

Phosphorus 3 mg
