

# Blueberry Corn Salad

Yield: 6 servings

Nothing says summer more than blueberries and corn! This salad combines both in a unique and tasty side dish sure to be a crowd pleaser at your next meal. You can use fresh corn on the cob, frozen or canned. You may use fresh corn on the cob in place of the frozen during peak sweet corn season.

Recipe adapted from Two Peas and Their Pod

## Ingredients

- 2 cups frozen corn, thawed
- 1 cup fresh blueberries
- 1 cucumber, sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## Directions

1. In a large serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno. [Note: If using fresh corn on the cob, in a large pot, bring water to boiling. Add husked corn and cook for 5 minutes, or until tender. When cool enough to handle, cut corn from cobs. Discard cobs.]
2. To make the dressing, whisk together lime juice, oil, honey, cumin, salt, and pepper. Pour dressing over salad and stir until combined.

Nutrition Facts	
6 servings per container	
Serving size	1/6 of recipe
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 290mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.