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

- Calories: 160
- Total Fat: 6g
- Saturated Fat: 1g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Total Carbohydrate: 34g
- Dietary Fiber: 9g
- Total Sugars: 11g
- Includes Total Sugars: 0g
- Protein: 0g

*Daily Values (DVs) are the recommended amounts of nutrients to consume each day. The % Daily Value on nutrition labels tells you how much a serving of a particular food or recipe contributes to each of those total recommended amounts. The daily value is based on a standard 2,000 calorie diet. If you have a health condition you may need more or less of particular nutrients. Consult with your health care team.