



Corn and Blueberry Summer Salad

SERVING: 1
YIELD: 4

PREP TIME: 10 MIN
TOTAL TIME: 15 MIN

Ingredients

- 2 tbsp Lime juice
- 1 tbsp Olive oil
- 1 tbsp Honey
- ½ tsp Cumin
- 1 can/pkg Corn, (canned, frozen/cooked, fresh, grilled, etc.)
- 1 pint Blueberries, fresh
- 1 cup Cucumber, chopped
- ¼ cup Onion, red, chopped
- ¼ cup Cilantro, chopped
- 1 cup Bell pepper, red, chopped
- 1 Jalapeno, seeded, chopped, optional

Suggested Toppings:
feta cheese

Nutrition Facts	
4 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 390mg	8%

* The % Daily Value (DV) 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.

Directions

1. In a small bowl, MIX lime juice, olive oil, honey and cumin.
2. In a large bowl, MIX corn, blueberries, cucumber, onion, cilantro, bell pepper and jalapeno.
3. DRIZZLE dressing on top of salad, gently TOSS, and REFRIGERATE.

*Recipe adapted from
getfreshcooking.com

Cost Per Recipe

\$7.51

Cost Per Serving

\$1.88