



CORN SALAD

Serving Size 1 cup

INGREDIENTS

FOR THE SALAD

2 cups corn kernels (fresh or frozen)

1 cup grape tomatoes, halved

1 cup zucchini, diced (about 1 small zucchini)

½ cup celery, diced

½ cup sweet bell pepper, diced

¼ red onion, diced

FOR THE DRESSING

2 tablespoons olive oil

3 tablespoons honey

3 tablespoons vinegar

½ teaspoon salt

DIRECTIONS

1. Combine all dressing ingredients in a jar. Cover with lid and shake until completely combined. Set aside.
2. Place all of the vegetables in a large bowl. Pour dressing over top and gently toss to coat.
3. Cover and refrigerate until ready to serve.

WHAT TO LOOK FOR HOW TO STORE

- Corn with bright green, tightly wrapped husk that has not been opened. Tassels should be almost sticky or have some moisture. Check for small worm holes.
- Zucchini that is firm and free of bruising and punctures.
- Tomatoes that are free of bruises or soft spots and punctures. Skin should not be shriveled and they should have a fresh tomato smell.
- Peppers should be well-shaped, firm and glossy. Their skins should be firm and not wrinkled, and their stems fresh and green.
- All produce from the market should be brought home right away. Don't leave produce in the car while running other errands.
- Store most produce unwashed, loosely, in plastic bags. Use the produce drawer of the refrigerator if you have one. Tomatoes and onions should be stored out of the refrigerator to maintain good flavor.
- Keep your fruits and vegetables separate. Since fruits give off high levels of gas to help them ripen, they can quickly spoil vegetables.
- Use within a few days.

SUMMER CORN SALAD NUTRITION FACTS

Calories 44, Saturated fat > 1g, Sodium 260mg, Added sugar 10g, Dietary fiber 2g, Protein 3g, Vitamin C 26mg

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