

Summer Corn and Blueberry Salad

Makes ~6 cups
Serving Size: 1 cup
Serves: 6

Ingredients

6 ears of fresh sweet corn, husked
1 cup fresh blueberries
1 small cucumber, sliced or chopped
¼ cup finely chopped red onion
¼ cup chopped fresh cilantro
1 jalapeno pepper, seeded and finely chopped

2 tablespoons fresh lime juice
2 tablespoons extra virgin olive oil
1 tablespoon honey
½ teaspoon ground cumin
½ teaspoon salt

Directions

In a dutch oven or heavy pot bring unsalted water to a boil. Add the corn and cook, covered for 5 minutes, or until tender. Allow to cool. Cut the corn from the cob. In a serving bowl, combine the corn, blueberries, cucumber, red onion, cilantro and jalapeno.

For the dressing, in a screw-top jar combine the lime juice, oil, honey, cumin and 1/2 tsp salt. Cover and shake well to combine. Add to the salad and toss. Cover and refrigerate overnight.

Exchanges per serving:

1½ Starch, 1 Fat

Nutrients per serving:

Calories: 170
Calories from fat: 51
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 196 mg
Carbohydrate: 31 g
Dietary Fiber: 4 g
Protein: 3 g

Original recipe submitted by Ms. Claudann Jones, MS, County Extension Agent for Family and Consumer Science, Texas A&M AgriLife Extension Service. Nutritional analysis done by Mr. Tim Scallon, MS RDN LD, for Memorial Cooking Innovations TV show.