

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Grilled Summer Salad  
Serves 6-8**

**Ingredients:**

2 ears corn-on-the-cob, shucked  
1 medium zucchini, cut into ½-inch slices  
1 medium onion, cut into ½-inch slices  
Vegetable oil spray  
1 large tomato, diced  
¼ cup feta cheese, crumbled

**Dressing:**

2 tablespoons lemon juice  
2 tablespoons olive oil  
1-2 tablespoons chopped fresh oregano or basil  
¼ teaspoon salt  
¼ teaspoon pepper

**Directions:**

1. Heat grill to medium-high heat. Lightly spray corn, zucchini, and onion slices with vegetable oil spray. Sprinkle with a small pinch of both salt and pepper. Place on grill and cook about 5 minutes, until lightly charred with grill marks, turning to cook on all sides.
2. Mix the dressing ingredients.
3. Remove vegetables in cut into bite-sized pieces. Transfer to a bowl. Add diced tomato.
4. Toss with dressing. Top with feta cheese. Serve warm or cold.

**Nutritional Information per serving:**

Calories: 151	Carbohydrates: g
Total Fat: 9g	Cholesterol: mg
Saturated Fat: 2g	Dietary Fiber: g
Protein: 4g	Sodium: mg