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