Roasted Corn Salad
Makes 4 servings

Ingredients:
2 1/2 tablespoons olive oil, divided
1 tablespoon lime juice
¼ teaspoon salt
¼ teaspoon hot pepper sauce
3-4 ears corn on the cob, kernels cut from the cob (about 3 cups)
1 ½ cup cherry tomatoes, halved
½ cup finely chopped cucumber
¼ cup finely chopped red onion or scallions
2 tablespoons minced fresh basil or cilantro (use 1 teaspoon dried)
¼ cup crumbled feta cheese

Directions:
1. Preheat oven to 450 degrees.
2. Place corn baking sheet. Drizzle with ½ tablespoon oil and mix to coat. Roast in oven for 15 minutes, stirring after 8 minutes, until slightly browned. Transfer to a salad bowl; cool slightly.
3. In a small bowl, whisk 2 tablespoons oil, lime juice, salt and pepper sauce; set dressing aside.
4. Add the tomatoes, cucumber, onion, and basil. Drizzle with dressing and toss to coat.

Recipe Note:
1. The corn can be grilled instead of roasted – just rub the ears of corn with oil before grilling.
2. May substitute fresh corn for 2 cans no salt-added corn, drained.

Nutritional Information per ¾ cup serving:
Calories: 172   Carbohydrates: 16g
Total Fat: 9g   Cholesterol: 0mg
Saturated Fat: 1g   Dietary Fiber: 3g
Sodium: 231mg   Protein: 4g