

**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



**Roasted Corn Salad
Makes 4 servings**

Ingredients:

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

Directions:

1. Preheat oven to 450 degrees.
2. Place corn baking sheet. Drizzle with 1/2 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 3/4 cup serving:

Calories: 172	Carbohydrates: 16g
Total Fat: 9g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 3g
Sodium: 231mg	Protein: 4g