



SWEET CORN SALAD

Eat as a side salad or add black beans or leftover chicken for a full meal. Also makes a yummy dip when served with crispy tortilla chips.

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INGREDIENTS

- 3 cobs of fresh corn (or 500 mL/ 2 cups frozen corn, thawed)
- 250 mL (1 cup) tomatoes, chopped or cherry tomatoes, sliced
- 250 mL (1 cup), cucumbers, peeled and diced
- 1/2 red onion, diced
- 75 g (3/4 cup) Cheddar or Monterey Jack cheese, grated

DRESSING

- 60 mL (1/4 cup) mayonnaise
- 15 mL (1 Tablespoon) lime juice
- 1 mL (1/4 teaspoon) garlic powder
- Black pepper

FUN FACT

Each strand of 'silk' on a cob of corn is connected to one kernel!

INSTRUCTIONS

01

Remove husks and silks from corn cobs; place in boiling water and cook for 5-7 minutes.

02

When cool enough to handle, slice corn kernels from the cobs using a large sharp knife, and separate into small pieces with your hands.

03

In a large bowl, stir together cooked corn kernels, tomatoes, cucumbers, red onion and cheese.

04

In a medium bowl, stir together dressing ingredients and spoon the dressing onto the salad until everything is well-combined. Let sit 30 minutes for best flavour.