

Blueberry Corn Salad

Recipe from **Two Peas and Their Pod**

Simple summer salad with blueberries, sweet corn, cucumbers, cilantro, jalapeño, red onion, and a honey lime dressing.

Prep Time

15 mins

Total Time

15 mins

Course: Salad Cuisine: American Servings: 8

Calories: 133kcal

Cook Mode Prevent your screen from going dark

Ingredients

- 4 cups fresh sweet corn (4 large ears sweet corn, kernels removed)
- 2 cups fresh blueberries
- 1 seedless cucumber, diced
- 1/3 cup finely chopped red onion
- 1/3 cup chopped fresh cilantro
- 1 jalapeno pepper, seeded and finely chopped
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1/2 teaspoon ground cumin
- Kosher salt and black pepper, to taste

Instructions

1. In a large serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno.
2. To make the dressing, whisk together olive oil, lime juice, honey, cumin, salt, and pepper. Pour dressing over salad and stir until combined.
3. Cover and refrigerate until ready to serve.

Notes

Feel free to add avocado and/or crumbled feta cheese or queso fresco. You can use frozen corn, but fresh is best for this salad. If you don't like cilantro, use basil instead

Nutrition

Calories: 133kcal | Carbohydrates: 24g | Protein: 3g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 1g | Sodium: 13mg | Potassium: 305mg | Fiber: 3g | Sugar: 11g | Vitamin A: 262IU | Vitamin C: 13mg | Calcium: 14mg | Iron: 1mg



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