

# CITRUS CORN SALAD

Citrus Corn Salad

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving= 1/2 cup)*

## **Nutrition (per serving)**

Calories: 80	Total Carbohydrate: 12
Total Fat: 4.5 g	Dietary Fiber: 2 g
Saturated Fat: 0.5 g	Total Sugars: 6 g
Sodium: 60 mg	Added Sugars: 1 g
	Protein: 1 g

## **Ingredients**

### *Salad*

- 2 cups corn kernels, uncooked (4 medium ears of corn)
- 2 cups diced cucumber (1 large cucumber)
- 1 cup diced red bell pepper (1 medium bell pepper)
- ½ cup chopped red onion
- 2 Tablespoons finely chopped fresh cilantro leaves

### *Citrus Dressing*

- 1 Tablespoon fresh lemon juice
- 2 Tablespoons cranberry juice
- 1 teaspoon lemon zest
- 1 Tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 Tablespoons extra-virgin olive oil

### **Directions**

1. Add all salad ingredients except cilantro to large bowl.
2. In a small bowl, add dressing ingredients and whisk until combined.
3. Pour dressing over salad and toss to coat. Refrigerate overnight. Add cilantro and toss just before serving.