

CORN SALAD



READY IN:
10 MINUTES
SERVES: 6

INGREDIENTS



2 cups corn
cooked



1 ½ cups
tomatoes
diced



1 cup
cucumber
peeled and
diced



½ cup
red onion
finely chopped
(about
½ onion)



1 jalapeño
pepper
seeded
and finely
chopped



½ cup fresh
cilantro
cut and
discard bottom
2 inches of
stems, chopped



2 teaspoons
olive oil



1 tablespoon
red wine
vinegar



¼ teaspoon
salt



¼ teaspoon
black pepper
adjust to
taste

Optional



¼ teaspoon
sugar

EQUIPMENT:

- Cutting board
- Large mixing bowl
- Sharp knife
- Small container
- Measuring cups
- Serving spoon
- Measuring spoons

FUN FACT, NOTES, HEALTH BENEFITS:

- This crunchy corn salad is the perfect complement to your favorite BBQ dish.
- Olive oil is a healthy and tasty substitute for vegetable oil.
- Try the recipe with kidney beans for added protein.



1 GATHER

Gather ingredients. Gather equipment.



2 COMBINE

In a large mixing bowl, mix corn, tomatoes, cucumbers, jalapeno, & cilantro.



3 COMBINE

In a small container, mix olive oil, vinegar, salt & pepper.



4 MIX

Add liquids to corn mixture and stir to coat evenly.



5 SERVE

Adjust seasonings. Serve & enjoy!