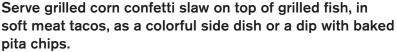
Grilled Corn Confetti Slaw (or Salsa)



Ingredients

- 6 ears of corn
- 1 red pepper
- 2 jalapeño peppers
- · Cooking spray
- 1 tsp. olive oil
- 1 bunch green onions, chopped

- 1 Tbsp. fresh lime juice
- 1 Tbsp. fresh thyme, chopped basil or cilantro (choose the fresh herb based on the dish you are serving with the slaw/salsa)
- Kosher salt and pepper, to taste



Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 107

Calories from fat: 11%

Fat 1g

Saturated Fat Og

Trans Fat Og

Cholesterol Omg

Sodium 297mg

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Carbohydrate 24g
Dietary Fiber 3g

Protein 3g

Preparation

- 1. Prepare grill.
- 2. Shuck, wash and dry corn and coat with cooking spray.
- 3. Wash peppers, slice into quarters and coat with cooking spray.
- 4. Place corn and peppers on the grill for about 10-15 minutes, turning frequently, until corn is lightly browned.
- 5. Cut kernels off the corn cobs and chop peppers to size similar to corn kernels.
- 6. Combine corn, peppers and remaining ingredients; season with salt and pepper to taste, toss well.
- 7. Chill for 1-2 hours. Serve chilled or at room temperature.

Recipe by Kathleen Zelman, MPH, RD

