

St. Louis Community College

Hospitality Studies

Corn and Tomato Salad

Dairy-Free, Gluten-Free, Vegan

Perfectly sweet, peak-of-season corn is essential for this recipe. Red onion and green pepper add tangy acidity to balance the sweet tomatoes and corn.

Serves 4

- 6 ears corn on the cob, shucked, kernels cut from the cob
- 2 roma tomatoes, seeded and chopped
- 1/4 cup diced red onion
- 1 green bell pepper, seeded and chopped
- 2 tablespoons extra virgin olive oil
- 1/2 cup loosely packed cilantro
- juice of 1 lemon
- juice of 1 lime
- 1 clove garlic, more to taste
- salt, to taste
- freshly ground black pepper, to taste

Place the corn kernels, tomatoes, onion and green bell pepper in a serving bowl. In a blender, puree the olive oil, cilantro, lemon and lime juice, and garlic. Add salt and pepper to taste. Toss olive oil-cilantro mixture with vegetables to combine well. Taste and adjust seasoning before serving.

Nutrition Info

Per serving (About 8.5oz/238g-wt.): 200 calories (80 from fat), 9g total fat, 1.5g saturated fat, 5g protein, 32g total carbohydrate (5g dietary fiber, 7g sugar), 0mg cholesterol, 320mg sodium