

Foodnity Recipes

Corn Salad: Fresh Summer Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 ears fresh corn, kernels removed
- [ ] 1 cup cucumber, diced
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh basil, torn
- [ ] 2 tbsp fresh cilantro, torn

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of water to a boil, add the corn cobs and cook for 3–4 minutes until bright yellow; remove and let cool, then cut the kernels off the cob.
2. In a large bowl combine the corn kernels, diced cucumber, bell pepper, and red onion.
3. Whisk together olive oil, lime juice, honey (if using), salt, and pepper; drizzle over the vegetable mixture and toss gently.
4. Fold in the fresh basil and cilantro just before serving; taste and adjust seasoning if needed.
5. Serve the salad chilled or at room temperature, perhaps alongside a slice of crusty bread.

Nutrition per serving

180 kcal	5 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the corn kernels dry after boiling to avoid excess moisture.
- If using canned corn, rinse well and drain thoroughly.
- Add a pinch of smoked paprika for a subtle depth.