

Foodnity Recipes

Grilled Corn Salad Recipe

Grilled corn tossed with veggies, lime dressing, and fresh herbs creates a vibrant, wholesome salad.

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, husks removed
- [ ] 1 large cucumber, diced
- [ ] 1 red bell pepper, diced
- [ ] 1/4 cup red onion, finely minced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 3 tbsp olive oil
- [ ] Juice of 2 limes
- [ ] 1 tbsp honey
- [ ] Salt and black pepper to taste

Instructions

1. Preheat the grill to medium-high heat. Brush the corn ears lightly with olive oil and place them on the grill.
2. Grill the corn for 2-3 minutes per side, until kernels are lightly charred. Remove and let cool for a minute, then cut the kernels off the cob.
3. In a large bowl, combine the grilled corn kernels, diced cucumber, red bell pepper, and red onion.
4. Whisk together lime juice, honey, remaining olive oil, salt, and pepper. Drizzle over the salad, toss gently, then fold in cilantro and parsley.
5. Serve immediately or let sit at room temperature for 10 minutes to let flavors meld.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of heat, stir in a pinch of chipotle powder after dressing.
- For extra texture, sprinkle toasted pumpkin seeds just before serving.
- Adjust honey to taste; more if the limes are especially tart.