



# Fresh Corn and Roasted Red Pepper Salad

Prep: 30 minutes | Cook: 10 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~1 cup

## Ingredients

3 ears corn (on the cob), husks on  
¼ cup olive oil  
2 lemons, zested and juiced  
1 tablespoon grated fresh ginger  
1 tablespoon honey  
¾ teaspoon turmeric  
¼ teaspoon salt  
2 cups shredded red cabbage  
2 roasted red bell peppers, chopped  
2 peaches, pitted and diced  
1 cup halved grape or cherry tomatoes  
½ cup chopped fresh basil (about 3 ounces)  
1 avocado, pitted and cubed  
4 tablespoons (¼ cup) crumbled feta, divided

## Directions

1. Place one ear of corn, with the husk on, in the microwave and cook on high (default power) for 2 minutes. Carefully remove from the microwave and set aside. Repeat with the remaining ears of corn.
2. In a large mixing bowl, whisk together the oil, ⅓ cup of the lemon juice, 1½ teaspoons of the lemon zest, ginger, honey, turmeric, and salt.
3. Add the cabbage, roasted peppers, peaches, tomatoes, and basil. Toss to combine and set aside.
4. When the corn is cool enough to handle, remove the husks but leave stalks on. Cut a small slice off the tip of each ear to create a flat surface.
5. Place a small bowl upside-down inside a larger bowl.
6. Working one ear at a time, hold the stalk of an ear of corn and place the tip on top of the small bowl. Cutting lengthwise from the stalk to the tip, cut the kernels off the ear of corn.
7. Mix the corn kernels into cabbage-pepper mixture.
8. Serve, topping each serving with a quarter of the avocado and 1 tablespoon of the feta.

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 26 g | Saturated Fat: 5.5 g  
Sodium: 275 mg | Total Carbohydrate: 36 g | Dietary Fiber: 8.5 g | Protein: 6.5 g**

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