



Summer is a great time for cook-outs and family get togethers! Burgers and hot dogs are fun, but don't forget to keep an eye on your cholesterol intake. Try finding fun ways to sneak more fruits and veggies into the mix!



## Easy Fun Corn Salad Recipe

PREP TIME: 10 Minutes

COOK TIME: 10 Minutes

SERVINGS: 8

**Nutritional Info:** Calories: **103**, Fat: **5g**, Sodium: **117mg**, Potassium: **155mg**, Carbohydrates: **12g**, Fiber: **1g**, Sugar: **2g**, Protein: **1g**, Vitamin A: **3.5%**, Vitamin C: **8.2%**, Calcium: **0.7%**, Iron: **3.1%**

- 3 cups corn kernels (about 4 cobs of corn)
- 1 cup cherry tomatoes quartered
- 1 cup diced cucumbers
- 1/4 cup diced red onion
- 3 tablespoons olive oil
- 3 tablespoons apple cider, vinegar, or rice vinegar
- A little bit of course salt and/or pepper
- 1 tablespoon fresh parsley
- fresh basil or dill optional

1. Either boil or grill corn. Once cooked, remove kernels from corn.
2. Combine all ingredients in a large bowl and gently toss.
3. You can add salt and pepper to add taste, as your diet allows.