Corn, Zucchini, and Tomato Salad

Yield: 6 servings
Total Time: 25 minutes

Ingredients
6 ears of corn, shucked and rinsed
3 medium zucchini, diced into ½-inch pieces
1 pint cherry tomatoes, halved or 2 large tomatoes, chopped
¼ cup slivered fresh basil leaves or 4 teaspoons dried basil
4 Tablespoons white wine vinegar
2 Tablespoons canola oil or olive oil
1 Tablespoon honey
1 Tablespoon lime juice
Optional: salt & black pepper, to taste

Preparation Instructions
1. Cut corn off the cob by placing it upright in a deep bowl and cut down the sides of the cob with a sharp knife. Add zucchini, tomatoes and basil to the bowl.
2. Whisk the vinegar, olive oil, honey and lime juice in a small bowl. Pour the vinaigrette over the salad and toss to combine. Cover and refrigerate for one to four hours before serving to allow flavors to mix. Toss again before serving to re-distribute the dressing. If desired, add salt and pepper just before serving.

Nutrition Analysis
Per serving: 130 calories; 5g fat (0.5g saturated, 0g trans); 0mg cholesterol; 20mg sodium; 22g carbohydrate (3g dietary fiber; 10g sugar); 4g protein.
Vitamin A 20%, Vitamin C 45%, Calcium 2%, Iron 6% Daily Value.

Tip: Two cans of drained no-salt-added corn can be substituted for the fresh corn.

Cost per serving: $1.64

Modified from: www.recipegirl.com