



Grilled Corn Salad With Feta

Makes 6 servings

Ingredients

6 large or 7 medium ears of corn
¼ cup chopped red onion
2 tablespoons extra-virgin olive oil
½ cup feta cheese, crumbled

Chopped fresh mint, cilantro or parsley
¼ teaspoon kosher salt
Black pepper, to taste

Instructions

1. Set the grill to medium-high. Husk the corn. Grill 10 to 12 minutes, turning often, until charred in spots. Transfer to a cutting board and set aside to cool.
2. Cut the kernels off the cob.
3. Put the corn, red onion and cheese in a medium salad bowl. Drizzle with the olive oil and toss.
4. Add the fresh herbs and toss again. Taste and add salt and pepper. Serve.

Nutrition Facts

Serving size: ⅔ cup; calories per serving: 153; carbohydrates: 18g; protein: 5g; fat: 8g; saturated fat: 3g; sugars: 5.5g; fiber: 3g; cholesterol: 18mg; sodium: 200mg

Recipe adapted from www.skinnytaste.com

