

Roasted Corn Salad

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-salad-recipe-indian-style>

Ingredients:

- 3 corn ears fresh, shucked
- 1 fresh chili to taste, jalapeno, anaheim, poblano or serrano
- 1 bell pepper
- oil for coating
- 1 cucumber medium fresh, chopped
- 1 tomato medium, chopped
- 4 ounces feta cheese crumbled
- 1 handful basil or herbs, minced
- salt and pepper, to taste
- 1 clove garlic crushed or fine mince
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 fresh lemon
- 1/4 teaspoon salt
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon soy sauce use Tamari for Gluten Free
- 1/2 teaspoon brown sugar
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon paprika
- black pepper to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 570 milligrams
 9. Sugar: 6 grams
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