

Plate Dream

Grilled Corn Salad – Fresh Summer Side

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 ears fresh corn, husked
- [ ] 1 red bell pepper, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/4 cup fresh cilantro, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp ground cumin
- [ ] 1 tsp honey or agave
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Heat the grill to medium-high. Place the corn directly on the grates and turn every 2-3 minutes until kernels are lightly charred, about 8 minutes.
2. While the corn grills, whisk olive oil, lime juice, cumin, honey, salt, and pepper in a small bowl until emulsified.
3. Remove the corn, let cool slightly, then cut the kernels off the cob using a sharp knife.
4. In a large bowl combine grilled corn, diced pepper, tomatoes, red onion, and cilantro; drizzle the dressing and toss gently.
5. Taste and adjust seasoning; serve at room temperature and enjoy the bright summer flavors.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra heat, add a pinch of cayenne to the dressing.
- A handful of toasted pumpkin seeds adds a pleasant crunch.
- For a bigger batch, double the ingredients and keep the dressing separate until serving.