

## No Cook Corn Salad

### Ingredients:

- 4 large ears of corn
- 1 green pepper
- ¼ jalapeño pepper
- 2 green tomatoes
- 12 grape tomatoes
- ¼ cup scallion
- 1 clove garlic
- 2 carrots
- 2 teaspoon olive oil
- 2 tablespoons red wine vinegar (or cider vinegar)
- dash of pepper
- dash of dalt (optional)
- ½ cup fresh cilantro, chopped

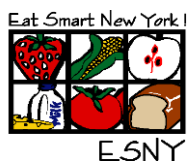
### Directions:

1. Cut the corn off the cob. (Using a sharp knife, cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Cut the peppers, tomatoes, scallions, garlic, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Add all vegetables to a large bowl and toss together.
5. Season with oil, vinegar, and pepper. (Add salt if desired.) Add fresh cilantro and mix well.
6. Enjoy your no cook corn salad!

*Yields about 6 servings*

**Source:** Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: ½ cup (230g)			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	130	Calories from Fat	25
% Daily Value *			
<b>Total Fat</b>	<b>3g</b>		5%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>85mg</b>		4%
<b>Total Carbohydrate</b>	<b>26g</b>		8%
Dietary Fiber	5g		20%
Sugars	7g		
<b>Protein</b>	<b>4g</b>		
Vitamin A	90%	Vitamin C	70%
Calcium	2%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>19% calories from fat</b>			



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*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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