



# Grilled Corn Salad with Jicama

Prep Time 20 mins  
 Total Time 30 mins  
 Meal Type Lunch, Dinner, Side  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 6



## Ingredients

lb,c g,ml

- 4 ears corn, *shucked*
- 1 bell pepper, *red, chopped*
- 1 English cucumber, *chopped*
- 1 jicama, small, *peeled and cubed*
- 1 avocado, *cubed*
- 1/2 onion, *red, chopped*
- 1 pints cherry tomatoes, *quartered*
- 1/2 cups basil leaves, *chopped*
- 1/3 cups olive oil
- 3 Tbs apple cider vinegar

## Directions

### Prep

1. Preheat grill to medium-high. Grease the grates.
2. Prepare all vegetables according to prep instructions.

### Make

1. Brush corn with some of the olive oil while it is grilling, rotating to slightly char all sides.
2. Remove corn from the grill to cool. Place cob in a deep bowl and remove kernels while holding cob upright. You can also hold corn upright in a bundt pan to capture kernels as you slice them off from the cob with a paring knife.
3. Add prepped vegetables and corn to a large bowl and toss with remaining olive oil and vinegar.
4. Season with salt and pepper to taste.

## Notes

Optional: Vegan or conventional feta cheese adds another layer of flavor to this delicious salad!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b>	<b>297</b>	<b>Total Fat</b> 16.5g	25%	<b>Total Carbohydrates</b> 37g	12%
		Saturated Fat 2.3g	11%	Dietary Fiber 11g	42%
		Trans Fat 0.0g		Total Sugars 9g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 5g	
		<b>Sodium</b> 16mg	0%		
Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 202mg 1120% · Potassium 769mg 16%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -