



Warm Corn and Squash Salad (Vegetarian)

This delicious salad features corn, which contains vitamin A as and a pigment called lutein – both of which support eye health. Cherry tomatoes and zucchini contribute vitamin C. Suitable for vegetarians. Approximate preparation time: 15 minutes.

Ingredients

- 2 TBSP oil (vegetable)
- 2 cups cooked corn kernels (fresh, canned and drained, or frozen)
- 2 medium zucchini squash, halved and thinly sliced
- ¾ cup cherry tomatoes, halved
- 1 TBSP red wine vinegar
- 1 tsp. dried basil
- salt and pepper to taste

Heat olive oil in a medium-sized sauté pan over medium-high heat. When oil is hot, add corn kernels and squash slices. Sauté until vegetables are warm but still crisp. Transfer corn and squash to a salad bowl. Add tomatoes, vinegar, basil, salt and pepper, and toss well. Makes 4 servings.

Nutrition information per serving:

140
Calories

3g
Protein

17g
Carbs

8g
Fat

2g
Fiber

Used this recipe?
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