

Fresh Corn and Pepper Salad

Ingredients

- 8 ears sweet corn
- 1 red bell pepper, chopped
- 1 large tomato, chopped
- 1 medium zucchini, chopped
- 1 medium cucumber, peeled and chopped
- 1 red onion
- $\frac{1}{2}$ cup Italian dressing

Directions

1. Husk corn and slice kernels from the cob.
2. In a large bowl, mix together the corn, pepper, tomato, zucchini, cucumber, and onion.
3. Pour dressing over vegetables and toss to coat.
4. Refrigerate until chilled, at least 1 hour.

Handling & Storage

Bell peppers should have a thick, firm, and bright glossy skin no matter what color. Avoid peppers that are shriveled or have soft spots.

Refrigerate bell peppers in a plastic bag and use within 5 days.

Before using, wash and remove the stem and seeds. When chopping peppers, keep the inside of the pepper facing up against the knife blade.

Nutritional Information

Calories: 199

Total Fat: 6.2 g

Saturated Fat: 1.0 g

Trans Fat: 0.0 g

Cholesterol: 10 mg

Sodium: 33 mg

Total Carbohydrates: 36 g

Dietary Fiber: 5.4 g

Sugars: 9.2 g

Protein: 6.1 g

Serves: 8