



## Grilled Corn Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

## Ingredients

- ☐ 4 ears of corn frozen for the stovetop option (or)
- ☐ 1 large bell pepper red
- ☐ 1 long zucchini sliced in half lengthwise
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 serrano chili pepper minced seeded
- ☐ 1 teaspoon ground cumin whole (best if you toast cumin seeds then grind)
- ☐ 0.3 cup crumbly salty cheese such as feta

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons juice of lime
- ☐ 4 servings salt and pepper freshly ground to taste

## Equipment

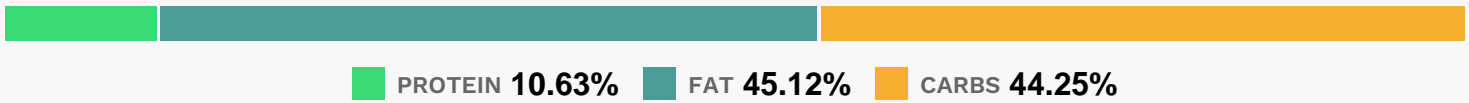
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ kugelhopf pan

## Directions

- ☐ Grill the corn, bell pepper, and zucchini: Prepare your grill for high, direct heat. Oil the grill grates.
- ☐ Rub a little olive oil over the bell pepper.
- ☐ Place the red pepper and the corn (in their husks) directly on the grill grates. (See our method for grilling corn-on-the-cob.) Cover the grill.
- ☐ Turn corn occasionally, so that every part of the husk is blackened. Also turn the red bell pepper occasionally until the skin has blistered up all around it. This should take 15 to 20 minutes.
- ☐ When the corn and peppers are about 5 minutes away from being done, rub olive oil over the zucchini pieces and place the zucchini pieces directly on the grill grate, cut side down. Turn them over after a few minutes when they have some nice grill marks on them.
- ☐ Let them cook for just a minute or two on the other side.
- ☐ Place charred bell pepper in a bowl and cover with a plate so that it steams in its own heat. Once the bell pepper has cooled a bit, remove the charred peel.
- ☐ Cut open the pepper, remove the seeds and stem. Chop the bell pepper into small pieces.
- ☐ Let the corn cool down for a few minutes and pull back the husks.
- ☐ Take a small bowl and turn it upside down in a larger bowl. Stand the corn husks vertically, tip facing down, on top of the upside down small bowl. (You can also use the center of an upturned bundt pan.)

- ☐ Use a sharp knife to make long, downward strokes, removing the kernels from the cob, as you work your way around the cob.
- ☐ Chop zucchini: Slice the grilled zucchini again lengthwise and chop into small pieces.
- ☐ Place grilled or toasted corn kernels, chopped bell pepper, chopped zucchini, red onion, cilantro, and serrano (if using) into a large bowl.
- ☐ Add the cumin, olive oil, vinegar or lime juice, and crumbly cheese (if using).
- ☐ Mix gently. Salt and pepper to taste.
- ☐ Serve cold or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:14.863913038503%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

## Nutrients (% of daily need)

Calories: 195.5kcal (9.78%), Fat: 10.66g (16.4%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 19.87g (7.22%), Sugar: 9.55g (10.61%), Cholesterol: 8.34mg (2.78%), Sodium: 322.95mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin C: 70.1mg (84.97%), Vitamin A: 1745.34IU (34.91%), Folate: 76.86µg (19.21%), Vitamin B6: 0.36mg (17.97%), Manganese: 0.35mg (17.75%), Phosphorus: 151.43mg (15.14%), Potassium: 521.93mg (14.91%), Fiber: 3.65g (14.62%), Vitamin K: 15.25µg (14.53%), Vitamin B1: 0.21mg (14.17%), Magnesium: 53.88mg (13.47%), Vitamin B2: 0.22mg (13%), Vitamin E: 1.88mg (12.5%), Vitamin B3: 2.4mg (12%), Vitamin B5: 1mg (10.05%), Iron: 1.36mg (7.58%), Calcium: 70.2mg (7.02%), Zinc: 1.02mg (6.79%), Copper: 0.1mg (5.19%), Selenium: 2.24µg (3.2%), Vitamin B12: 0.16µg (2.64%)