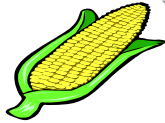




## Corn and Bell Pepper Salad



Yield: 4 servings

### **Ingredients:**

- 3 Ears of fresh corn, shucked and kernels cut off the cob
- 2 Half bell pepper, diced
- 1 Half Green
- 1 Half red
- 2 Green onions, chopped
- 2 Tbs. (generous) chopped fresh cilantro
- 2 Tsp. olive oil
- Juice from 1 lime
- Salt and ground pepper.

### **Preparation:**

Mix first 7 ingredients in a bowl. Season with salt and pepper to taste.

### **Nutritional information for 1 cup serving:**

Calories 80,  
Fat 1.5 gm,  
Fiber 3 gm,  
Carbohydrates 17 gm,  
Cholesterol 0 mg,  
Sodium 130 mg.

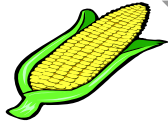
Source: epicurious.com

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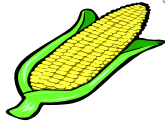
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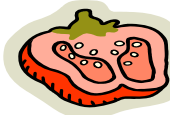
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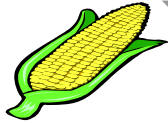
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