

# Fresh Summer Corn Salad

Makes 6 servings

## Ingredients:

- 4 cups fresh corn kernels  
(about 5 ears or 3 [15-ounce] cans of corn, drained)
- 1 cup halved cherry tomatoes
- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- Salt and pepper to taste



## Directions

1. If using fresh corn, cook briefly in boiling water for 3–4 minutes, then cool and drain.
2. In a large bowl, combine corn, tomatoes, red onion, and parsley.
3. Drizzle with olive oil and lime juice.
4. Season with salt and pepper.
5. Toss gently and refrigerate 30 minutes before serving.

## Fun Food Fact

Corn is grown on every continent except Antarctica. In fact, it is one of the most widely produced crops in the world, and there are over 4,000 different varieties, from tiny blue kernels to giant white heirloom ears.