

CHARRED CORN SALAD^o



SERVES: 8 (approx. ½ cup each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½



- 4** medium ears of corn, husks and silk removed
- 1 cup** chopped red onion (approx. 1½ medium)
- 2** medium Roma tomatoes, seeded, chopped
- 1 clove** garlic, grated
- ½** medium jalapeño pepper, seeds and veins removed, finely chopped
- 2 Tbsp.** fresh lime juice
- 2 tsp.** finely grated lime peel (lime zest)
- 3 Tbsp.** olive oil
- 3 Tbsp.** chopped fresh cilantro
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Preheat gas (or charcoal) grill on high heat.
- 2.** Coat corn with spray; grill corn for approx. 10 minutes, turning each time the underside gets charred, or until corn is charred on all sides. Set aside to cool.
- 3.** When corn is cool enough to touch, cut kernels off the cob.
- 4.** Combine corn, onion, tomatoes, garlic, jalapeño, lime juice, lime peel, oil, cilantro, salt, and pepper in a medium bowl; toss gently to blend.

RECIPE NOTES:

- You can substitute 3 cups frozen corn kernels for ears of corn. If using frozen corn, skip steps 2 and 3 above. Heat heavy-bottomed (or cast iron) skillet over high heat until very hot. Coat corn with spray; cook until well charred.
- Salad may be served immediately, but flavor improves as it marinates, covered, in an airtight container in the refrigerator.

SPECIAL EQUIPMENT:

Olive oil cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 98 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 73 mg Carbohydrates: 11 g Fiber: 1 g Sugars: 3 g Protein: 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.