

# Cold Corn Salad

**Yield: 8 servings**

## Ingredients

- 2 cups corn frozen
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 tablespoon dijon mustard
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper; ground
- ½ cup red bell pepper; diced small
- ¼ cup green onion; sliced thin
- ½ cup red onion; diced small
- ¼ cup cilantro fresh; chopped


## Instructions

1. Rinse corn under cold water. Place in a small bowl and set aside.
2. In a bowl combine the olive oil, apple cider vinegar, mustard, salt and pepper. Whisk thoroughly.
3. Place the red bell pepper, green onion, red onion and cilantro in the bowl with the corn. Pour the dressing over the corn mixture and toss to coat. Serve cold.

## Nutrition Information

**Serving Size:** ½ cup  
Calories: 104  
Total Fat: 7 g  
Saturated Fat: 1 g  
Monounsaturated Fat: 4 g  
Sodium: 96 mg  
Total Carbohydrate: 10 g  
Dietary Fiber: 1 g  
Sugars: 1 g  
Protein: 1 g

Source: Health Meets Food



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