

# NO COOK CORN SALAD

**Makes:** 6 servings

## Ingredients

4 large ears of corn (about 2 cups)  
1 green pepper, diced  
¼ jalapeño pepper, diced  
2 green tomatoes, diced  
12 grape tomatoes, quartered  
¼ cup scallion, chopped  
1 clove garlic, chopped  
2 carrots, grated  
2 teaspoon olive oil  
2 tablespoons red wine vinegar (or cider vinegar)  
dash of pepper  
½ cup fresh cilantro, chopped  
dash of salt (optional)

## Directions

1. Cut the corn off the cob. (Using a sharp knife, cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Add all vegetables to a large bowl and toss together.
3. Season with oil, vinegar, and pepper (and salt if desired.) Add fresh cilantro and mix well. Serve.

**Total Cost:** \$5.04

**Serving Cost:** \$0.84

**Source:** Cornell University Cooperative Extension in New York City



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(197g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 518mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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