

Spicy Lime Corn Salad

4 cups corn (about 5 ears), cut from the cob
1-tablespoon olive oil
½ red bell pepper, chopped
½ small red onion, finely chopped
6 green onions, chopped
10 ounces can diced tomatoes and green chilies, drained
4-tablespoon lime juice
2 teaspoon minced garlic
½-teaspoon cumin ground
½ teaspoon smoked paprika
¼ teaspoon red pepper flakes
¼-teaspoon black pepper ground
¼-teaspoon salt
4-tablespoon fat free mayonnaise
½ cup fat free feta cheese, crumbled

Directions:

1. Cut the corn off the cob.
2. Heat the olive oil in a large skillet over high heat. Add the corn and stir it around. Cook for about 3 to 5 minutes or until the corn starts to char, which is why we are using high heat.
3. Transfer the corn to a large bowl and let it cool for a couple minutes.
4. To the same bowl, add the remaining ingredients. Stir everything together until well combined.
5. Garnish with cilantro, if preferred.

Serves 6

Nutrient Analysis, per serving: 344 calories, 39g. carbohydrate, 9g. protein, 20g. fat, 411mg. sodium