

Fresh Corn Confetti Salad with Red Onion, Parsley, Cilantro, Mint and Feta

Internet Address:



1 whole red onion, chopped
3 cloves fresh garlic, finely chopped
6 ears fresh corn, freshly shucked
1/2 cup fresh cilantro (packed) chopped
1/2 cup Italian parsley (packed) chopped fresh flat leaf
3 tablespoons fresh mint, minced (optional)
5 whole chopped green onions
1 whole red bell pepper, or orange, or yellow (not green)
2/3 cup crumbled feta cheese
2 tablespoons extra-virgin olive oil, plus more if desired
1 whole lemon, juiced
2 whole limes, juiced
Salt and freshly ground pepper to taste

Per Serving (excluding unknown items): 146 Calories; 7g Fat (38.7% calories from fat); 5g Protein; 20g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 156mg Sodium.

Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description:

Notes: Goes particularly well with a grilled barbecue dinner. You can use frozen corn, BUT, it certainly won't be the same as fresh!

1. In a large bowl, stir together the corn, cilantro, parsley, mint, green onions. Add the onion. Mix in the crumbled feta cheese. Add salt and freshly ground pepper to taste (remember that the feta will add a salty taste). Add lemon and lime juice and olive oil, adding more olive oil if desired.
2. Allow to sit for 30 minutes, but it's not really necessary. Nothing much in the salad will absorb juice or oil. Serve at room temperature.