

Prep Time: 15 minutes

Cook Time: 0 minutes (or 5 minutes if charring corn)

Total Time: 15 minutes

Intensity: Easy / Beginner

Yield: 6 servings

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Ingredients

For the Salad:

- 4 cups fresh corn kernels (cut from 4-5 large ears of fresh corn)

- 1 medium red bell pepper, finely diced

- ½ cup red onion, finely chopped

- 1 jalapeño, seeded and finely minced
- ½ cup fresh cilantro, roughly chopped
- *Optional Add-ins:* ½ cup crumbled feta or cotija cheese, 1 cup halved cherry tomatoes, or 1 diced ripe avocado (add avocado just before serving)

For the Vinaigrette:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice (about 1 large lime)
- 1 tablespoon honey
- ½ teaspoon chili powder
- ¼ teaspoon smoked paprika
- ½ teaspoon fine sea salt (adjust to taste)
- ¼ teaspoon freshly cracked black pepper

Instructions

1. **Prepare the Dressing:** In a small glass jar with a tight-fitting lid, combine the olive oil, fresh lime juice, honey, chili powder, smoked paprika, sea salt, and black pepper. Shake vigorously until the honey is dissolved and the dressing is completely emulsified. Alternatively, whisk the ingredients together in a small bowl. Set aside.
2. **Prep the Vegetables:** Shuck the corn and use a sharp knife to carefully slice the fresh kernels off the cobs. Transfer the kernels to a large mixing bowl. Add the finely diced red bell pepper, chopped red onion, minced jalapeño, and roughly chopped cilantro to the bowl with the corn.
3. **Combine and Toss:** Pour the prepared lime vinaigrette over the fresh vegetables. Use large spoons or salad tongs to toss everything together, ensuring all the vegetables are evenly coated in the dressing.
4. **Rest the Salad:** For the absolute best flavor, cover the bowl and let the salad chill in the refrigerator for at least 30 minutes before serving. This resting period allows the vegetables to marinate and the flavors to fully develop.
5. **Final Adjustments:** Right before serving, give the salad one final toss. Taste and adjust the seasoning, adding a pinch more salt or an extra squeeze of lime juice if necessary. If you are using optional add-ins like avocado or cheese, gently fold them in now.

Storage and Meal Prep Tips

This salad is exceptional for meal prep because it retains its crunch for days. Store leftover Fresh Corn Salad in an airtight container in the refrigerator for up to 4 days. Before eating

leftovers, give the container a good stir to redistribute the dressing that may have settled at the bottom.

Do not freeze this salad. Freezing will alter the cellular structure of the fresh vegetables, resulting in a mushy, unappetizing texture once thawed.

Nutrition Information

Serving Size: ½ cup (Calculated without optional cheese or avocado add-ins)

Nutrient	Amount per Serving
Calories	135 kcal
Total Fat	7.5g
Saturated Fat	1.1g
Sodium	205mg
Total Carbohydrates	17g
Dietary Fiber	2.5g
Total Sugars	7g
Protein	3g