

INGREDIENTS

6 each Ears of corn
1 c. Tomatoes, diced
1/2 red onion, diced
1/4 c. Cilantro
1/4 tsp. Salt
1/4 tsp Black Pepper
3 tbsp. Lime Juice, Fresh
1 Tbsp Chili powder
1/4 c. Feta cheese, crumbled
1 Jalapeno diced

METHOD

- Preheat grill. (If you don't want to fire up your grill, sauté the corn in a sauté pan on medium-high heat with no added oil. Sauté until lightly charred.)
- Mark ears of corn on grill, just until slightly charred, about 3-4 minutes, rotating occasionally.
- Remove corn from the grill. Once corn is cooler to the touch, shuck corn kernels.
- In a bowl combine; corn, tomatoes, red onion, cilantro, salt, pepper, lime juice, chili powder, feta, and jalapeno.

NUTRITION INFORMATION

Serves: 8
Serving Size: ~1/2 cup
Calories: 65
Fat: 1 gram
Carbohydrates: 2 grams
Protein: 1 gram
Fiber: 0 grams

Chef's Note: This dish is excellent on fish tacos or tasty as a side salad.