



BBQ RECIPE



SOUTHWESTERN ROASTED CORN SALAD

**This vegetarian recipe is a great side dish for a BBQ.
It will taste great on a hot and sunny day.**

Southwestern Roasted Corn Salad

Serves 4

Ingredients:

- 8 ears fresh corn in husks
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 red onion, chopped
- 1 cup chopped fresh cilantro
- ½ cup olive oil
- 4 cloves garlic, peeled, and minced
- 3 limes, juiced
- 1 teaspoon white sugar
- 1 tablespoon hot sauce



Instructions

1. Place corn in a large pot with enough water to cover and soak for at least 15 minutes.
2. Preheat grill for high heat. Remove silks from corn, but leave the husks.
3. Place corn on preheated grill. Cook, turning occasionally for 20 minutes or until tender. Remove from heat, cool slightly, and discard husks.
4. Cut the corn kernels from the cob, and place in medium bowl. Mix in red bell pepper, green bell pepper, and red onion.
5. In blender, mix cilantro, olive oil, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into corn salad.

Nutritional Info (per serving):

Calories:	223	Sodium	356g
Total Fat:	14.7g	Protein:	3.7g

Source: www.allrecipes.com