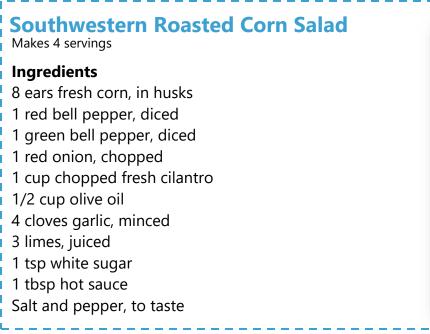
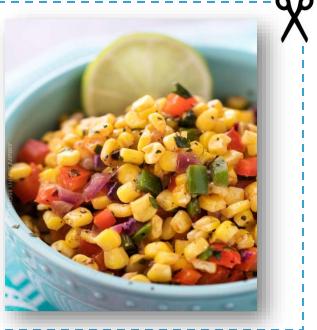
BBQ RECIPES

SOUTHWESTERN ROASTED CORN SALAD

This vegetarian recipe makes a great side dish for a BBQ. It's full of fresh flavours that taste great on a hot, sunny day.





Directions

- 1. Add corn to a large pot with enough water to cover the corn. Soak for at least 15 minutes.
- 2. Preheat the grill on high heat. Remove silks from the corn, but leave husks intact.
- 3. Place corn on the preheated grill. Cook, turning occasionally, for 20 minutes or until tender. Remove from heat and cool slightly. Remove and discard husks.
- 4. Cut the corn kernels from the cob and add them to a medium-sized bowl. Add in the bell peppers and red onion. Mix to combine.
- 5. In a blender, combine cilantro, olive oil, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth. Pour over vegetable mixture and stir to combine.

Nutrition Info Per Serving: Cal 223 | Fat 14.7g | Protein 3.7g | Sodium 356mg







