

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.

Southwestern Roasted Corn Salad

Makes 4 servings

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
- 1/2 cup olive oil
- 4 cloves garlic, minced
- 3 limes, juiced
- 1 tsp white sugar
- 1 tbsp hot sauce
- Salt and pepper, to taste



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

