



Summer Corn Salad

Makes 4 servings

Good nutrition and maintaining a healthy weight is important to back health. These quick and nutritious recipes are just what your back is looking for.

Ingredients

- 5 ears of corn, boiled or grilled
- 3 tablespoons olive oil
- 1 tomato, seeded and diced
- Fresh cilantro, to taste
- 1 red onion, chopped
- 1 green bell pepper, diced
- 1 lime, juiced
- Salt and pepper, to taste



Instructions

Remove corn kernels with paring knife and place in large bowl. Add tomato, onion, and green pepper. Toss to combine. Add lime juice and olive oil. Snip in cilantro and season with salt and pepper. Serve.

Nutrition Facts

Serving Size: 1; Calories 226; Total Fat 12 g; Saturated Fat 2 g; Protein 5 g;
Total Carbohydrate 30 g; Sugar 11 g

Recipe Courtesy of Food Network Kitchens



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina