

Summer Glow Salad

Ingredients:

- 2 pints of mini grape tomatoes, halved
- 1 large cucumber, chopped (or 2 small)
- 3 ears of fresh corn (or about 1.5 cups)
- 1/4 cup fresh cilantro
- 1–2 limes, juiced
- sea salt and pepper, to taste

Directions:

1. Bring water to a boil in a large pot. Add the corn and cover to steam it for about 5-7 minutes. Then remove corn from the pot and set on a plate to cool.
2. Meanwhile, chop the tomatoes, cucumber and cilantro. Add to a large bowl.
3. Cut the corn kernels off the cob, add to the bowl and mix.
4. Squeeze in the fresh lime juice, cilantro, sea salt and pepper. Mix until well combined.
5. Enjoy!



Serves 4



www.drserna.com
(281)807-5300
Recipe found at Theglowfridge.com