

Treasure Barrel

Grilled Corn Salad – Fresh & Flavorful

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 ears fresh corn, husked
- [ ] 1 red bell pepper, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 3 tbsp olive oil
- [ ] Juice of 2 limes
- [ ] Salt and black pepper to taste
- [ ] 1/4 cup crumbled feta (optional)

Dressing

- [ ] 2 tbsp olive oil
- [ ] 1 tsp honey
- [ ] 1 tsp smoked paprika
- [ ] Pinch of cumin

Instructions

1. Preheat the grill to medium-high heat; brush the corn cobs lightly with olive oil.
2. Place corn on the grill, turning every 2-3 minutes until kernels are lightly charred and fragrant.
3. Remove corn, let cool for a minute, then slice the kernels off the cob using a sharp knife.
4. In a large bowl, combine charred corn, diced red bell pepper, red onion, and cilantro.
5. Whisk together lime juice, olive oil, honey, smoked paprika, cumin, salt and pepper; pour over the salad, toss gently, and sprinkle feta if desired.

Nutrition per serving

210 kcal	5 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra heat, add a pinch of chili flakes to the dressing.
- For a sweeter note, drizzle a little agave syrup before serving.
- Grill the corn just until golden; over-cooking can make kernels dry.