

Grilled Corn and Snap Pea Salad

Serves: 8 (Serving size: ½ cup)

Ingredients

¾ pounds sugar snap peas, trimmed and strings removed
3 ears of fresh corn with husks
½ cup thinly sliced green onions
3½ Tablespoons olive oil
⅛ cup fresh lemon juice
4½ teaspoons minced fresh dill
4½ teaspoons white vinegar
1½ teaspoons sugar
½ teaspoon black pepper

Bring a large pot of water to a boil. Trim and remove strings from peas. Add peas to boiling water; cook for 3 minutes. Drain and rinse snap peas under cold water.

Preheat grill to high.

Soak corn in cold water for 10 minutes. While the corn is soaking, slice the green onions.

Remove corn from the water, shake off excess water and grill for 20 minutes, turning frequently. Cool corn in husks for 10 minutes. Shuck corn; discard husks and silk.

Cut kernels from cobb; place in a large bowl. Add snap peas and onions. Mince the fresh dill.

Combine olive oil and remaining ingredients in a medium bowl. Add to corn mixture, tossing to coat evenly. Serve immediately.

Nutrition Information: Calories 117 per serving, Total Fat 7.0 g (Saturated 1.0 g, Polyunsaturated 0.9 g, Monounsaturated 4.8 g), Total Carbohydrates 13 g (Dietary Fiber 2.0 g, Sugars 6.0 g), Cholesterol 0.0 mg, Sodium 203 mg, Protein 3 g

Source: www.cookinglight.com