

## Corn Salad

### Ingredients

- 6 ears of corn, kernels and juices shaved off
- 1 cup of cherry tomatoes
- ½ of a red onion, thinly sliced
- ½ of a green chili or jalapeno, seeded and deveined
- Juice of 1 lime
- Sea salt and pepper

### Preparation

- Sauté corn, tomatoes, red onions and chilis over medium heat for about 15 minutes, until soft and slightly wilted.
- Season with salt and pepper and the juice of the lime. Can be served warm or cold.

High in vitamin A, C, potassium, fibre,  
and so much more!

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