

Summer Corn and Zucchini Salad
Posted By Michelle Fizzard

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Ingredients

1/2 of a large red onion
1 red pepper
1 large or 3 small zucchini
1 can lima beans (drained and rinsed)
3 ears of fresh corn or 2 cups canned or frozen corn

dressing

1/4 cup hot sauce
1/4 cup maple syrup
1/4 cup ketchup

directions

1. Dice onion, pepper, and zucchini into small pieces.
2. If using fresh corn, cut corn off the cob and saute in 1 tsp of olive oil over medium heat for 5 minutes.
3. Add all vegetables to a large bowl and mix.
4. Add all dressing ingredients and mix well.

Serve at room temperature. Can easily be made the day before and kept in the refrigerator, bring to room temperature before serving.

Makes 8 servings.

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