



CORN AND GRILLED ZUCCHINI SALAD

PREP TIME: 5 minutes

SERVING SIZE: 1 cup

COOK TIME: 10 minutes

SERVES: 7

INGREDIENTS

- 2 Tablespoons olive oil
- 1 pound zucchini, cut into thick slices
- 1 can corn, no salt added
- 6 ounces feta cheese
- 3 cups arugula
- ½ lemon, juiced

PREPARATION

1. Slice zucchini into thick slices and place in bowl
2. Drizzle ½ tablespoon olive oil over zucchini and mix to cover. Place zucchini on med- high heat grill pan until golden brown and charred on both sides about 2 minutes a side.
3. Remove from the pan and place in a large bowl.
4. Add the corn to the hot pan and cook until golden brown.
5. Place the charred corn into the bowl with the zucchini then add the crumbled feta cheese and fresh arugula.
6. Drizzle 1 ½ tablespoons olive oil and lemon juice over the salad.
7. Season with salt and pepper to taste. Serve and enjoy.



Nutrition Facts

| | |
|------------------------------|---------------|
| 7 servings per container | |
| Serving size | 1 cups |
| Amount per serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 230mg | 10% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 163mg | 15% |
| Iron 1mg | 6% |
| Potassium 189mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

simply-delicious-food.com

Recipe modified by CHOICES Nutrition Education Program



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ENSALADA DE ELOTE Y CALABAZA A LA PLANCHA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 10 minutos

PORCIONES: 7

INGREDIENTES

- 2 cucharadas de aceite de oliva
- 1 libra de calabacín, cortar en rodajas gruesas
- 1 lata de elote, sin sal agregada
- 6 onzas de queso feta
- 3 tazas de rúcula
- ½ limón, en jugo



PREPARACIÓN

1. Rebane el calabacín en rodajas gruesas y colóquelo en un tazón
2. Rocíe ½ cucharada de aceite de oliva sobre el calabacín y mezcle para cubrir todo el calabacín. Coloque el calabacín en una sartén a fuego medio-alto hasta que esté dorado y rostizado ambos lados aproximadamente 2 minutos por lado.
3. Retire del sartén y coloque en un contenedor grande.
4. Agregue el maíz a la sartén caliente y cocine hasta que esté asado.
5. Coloque el maíz asado en el tazón con el calabacín y luego agregue el queso feta desmenuzado y rúcula fresca.
6. Rocíe 1 ½ cucharadas de aceite de oliva y jugo de limón sobre la ensalada
7. Sazone con sal y pimienta al gusto. Servir y disfrutar.

FUENTE

simply-delicious-food.com

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