

Choco Fever Dream

Grilled Corn Salad Recipe

Sweet charred corn meets crunchy vegetables in a zesty vinaigrette, creating a satisfying snack or side.

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 ears fresh corn, husked
- [ ] 1 red bell pepper, diced
- [ ] 1 cucumber, seeded and cubed
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh cilantro, chopped

Vinaigrette

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lime juice
- [ ] 1 tsp honey
- [ ] 1 tsp dijon mustard
- [ ] Salt and pepper to taste

Instructions

1. Preheat a grill or grill pan over medium-high heat; brush the corn lightly with oil.
2. Grill the corn, turning occasionally, until kernels are lightly charred, about 6-8 minutes.
3. Remove corn, let cool slightly, then slice off the kernels using a sharp knife.
4. In a large bowl combine grilled corn, red bell pepper, cucumber, red onion, and cilantro.
5. Whisk olive oil, lime juice, honey, dijon mustard, salt, and pepper; pour over salad and toss gently.
6. Taste and adjust seasoning; serve at room temperature or chilled.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-mixing the vinaigrette; a gentle toss keeps the corn kernels intact.
- If you like heat, add a pinch of red pepper flakes to the dressing.
- For extra crunch, sprinkle toasted pepitas just before serving.