

CREAMY DILL CORN SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 80

Total Fat: 2.5 g

Saturated Fat: 1 g

Sodium: 90 mg

Total Carbohydrate: 14 g

Dietary Fiber: 2 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 2 g

PREP TIME: 8 min

COOK TIME: 10 min

TOTAL TIME: 18 min



Ingredients

- 3 large ears of corn, husks and silk removed
- 1/3 cup chopped white onion
- 1/2 cup diced cucumber
- 1/2 cup diced cherry tomatoes
- 1/4 cup light sour cream
- 2 Tablespoons light mayonnaise
- 2 teaspoons dried dill weed or 2 Tablespoons fresh dill weed
- 1/2 teaspoon granulated white sugar
- 1/8 teaspoon salt



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Directions

1. Fill a large stockpot halfway with water. Bring to boil over high heat. Add corn and cook for 4-6 minutes, rotating corn midway through cooking. Remove from water and let cool.
2. Cut corn kernels off of ears of corn and place in medium bowl. Add remaining salad ingredients and stir to combine.