

# *Snapped Up:* Peachy Corn Salad



Ahh summer--sweet, tree ripened peaches and freshly roasted corn off the the cob. What could be better? How about a salad with both peaches and corn in it?

The next time you roast corn on the cob over a grill or boil it for dinner, cook a couple extra cobs and use them them in this dish.

This recipe is very forgiving and open to imagination as long as you keep the lime juice, onion, corn, and peach ratios. Go ahead and add other crunchy veggies to the mix, or use up rice and beans from a prior dinner instead of starting from scratch.

If you don't have cumin power, use cumin seed. Out of red pepper flakes? Use  $\frac{1}{4}$  teaspoon of cayenne, paprika, or chipotle, or chili powder. No black beans? Use white, red, or pinto beans instead or go with just brown or white rice for the starch component.

Make a bunch of it. It's a picnic pleaser.

## INGREDIENTS

- 2 **cobs of corn** (equals about two cups)
- 1 ripened **peach**
- $\frac{1}{4}$  cup of minced **red onion**
- $\frac{1}{4}$  cup of minced **red, yellow, OR green pepper**
- $\frac{1}{2}$  -1 cup with fresh **rice, beans, or both** (or use up leftovers)
- $\frac{1}{2}$  teaspoon **cumin**
- $\frac{1}{4}$  teaspoon red pepper **flakes**
- Juice of one fresh **lime**
- Salt and pepper** to taste
- Lettuce leaves** to serve

## TOOLS USED:

- Medium sized mixing bowl
- Grill or large boiling pot.

## DIRECTIONS:

1. Roast or boil fresh cobs of corn or use pre-cooked cobs of corn. Cut corn from cob by slicing it off with a sharp knife.
2. Stir together all above ingredients into one bowl.
3. Serve on lettuce leaves – it's a salad.

Serve in a wrap and lightly pan fried, it's a sandwich.

Spruce it up by turning it into a flower using endive leave with slices of peaches. (Below)



*Good for One. Great for Many.*

# 1 Serving of Peachy Corn Salad

General			
Energy	290.7	kcal	<div><div></div>40%</div>
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	304.3	g	<div><div></div>11%</div>

Carbohydrates			
Carbs	62.1	g	<div><div></div>76%</div>
Fiber	9.8	g	<div><div></div>47%</div>
Starch	24.9	g	No Target
Sugars	14.7	g	No Target
Sugar Alcohol	0.4	g	No Target
Net Carbs	51.9	g	<div><div></div>85%</div>

Lipids			
Fat	2.9	g	<div><div></div>11%</div>
Monounsaturated	0.7	g	No Target
Polyunsaturated	1.1	g	No Target
Omega-3	0.1	g	<div><div></div>5%</div>
Omega-6	1.0	g	<div><div></div>9%</div>
Saturated	0.5	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	10.9	g	<div><div></div>18%</div>
Cystine	0.1	g	<div><div></div>16%</div>
Histidine	0.3	g	<div><div></div>28%</div>
Isoleucine	0.4	g	<div><div></div>32%</div>
Leucine	0.9	g	<div><div></div>30%</div>
Lysine	0.5	g	<div><div></div>20%</div>
Methionine	0.2	g	<div><div></div>27%</div>
Phenylalanine	0.5	g	<div><div></div>43%</div>
Threonine	0.4	g	<div><div></div>29%</div>
Tryptophan	0.1	g	<div><div></div>30%</div>
Tyrosine	0.3	g	<div><div></div>28%</div>
Valine	0.5	g	<div><div></div>33%</div>

Vitamins			
B1 (Thiamine)	0.4	mg	<div><div></div>34%</div>
B2 (Riboflavin)	0.2	mg	<div><div></div>18%</div>
B3 (Niacin)	4.4	mg	<div><div></div>32%</div>
B5 (Pantothenic Acid)	1.5	mg	<div><div></div>30%</div>
B6 (Pyridoxine)	0.4	mg	<div><div></div>26%</div>
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	123.1	µg	<div><div></div>31%</div>
Vitamin A	2890.3	IU	<div><div></div>124%</div>
Vitamin C	38.1	mg	<div><div></div>51%</div>
Vitamin D	0.0	IU	0%
Vitamin E	1.5	mg	<div><div></div>10%</div>
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.2	mg	No Target
Gamma Tocopherol	0.5	mg	No Target
Vitamin K	35.5	µg	<div><div></div>39%</div>

Minerals			
Calcium	43.1	mg	<div><div></div>5%</div>
Copper	0.3	mg	<div><div></div>32%</div>
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.3	mg	<div><div></div>29%</div>
Magnesium	98.0	mg	<div><div></div>31%</div>
Manganese	1.1	mg	<div><div></div>59%</div>
Molybdenum	0.0	µg	0%
Phosphorus	243.4	mg	<div><div></div>35%</div>
Potassium	756.8	mg	<div><div></div>16%</div>
Selenium	4.2	µg	<div><div></div>8%</div>
Sodium	12.9	mg	<div><div></div>1%</div>
Zinc	1.9	mg	<div><div></div>23%</div>

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.