Corn, Blueberry, and Wild Rice Salad

Ingredients:

- 1 jalapeño pepper, seeded and finely chopped
- 6 ears sweet corn, husked (or 1 1/2 cups frozen corn)
- 1 cup fresh blueberries
- 4 tablespoons lime juice, fresh
- 1 cup wild rice, cooked
- 4 tablespoons olive oil
- 1 small cucumber, finely diced
- 2 tablespoons maple syrup or honey
- 1/4 cup red onion, finely chopped
- 1/2 teaspoon ground cumin
- 1/4 cup chopped fresh cilantro
- 1/2 salt

Directions

1. In a large pot, bring water to boil.
2. Add corn. Cook covered for 5 minutes, or until tender.
3. When cool enough to handle, cut corn from cobs.
4. In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeño.
5. For dressing: in a screw-top jar, combine lime juice, oil, maple syrup, cumin, and 1/2 teaspoon salt. Cover; shake well to combine.
6. Add dressing to salad and toss. Cover the salad and refrigerate overnight or up to 24 hours.

Nutrition Facts

Serving Size 1/2 cup (121g)
Servings Per Container 8

Amount Per Serving

Calories 170	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 3g	

Vitamin A 2% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

Source: firstnations.org