

Grilled Corn Salad

Serves: 4

Ingredients

- 1 small sweet potato, cubed
- 1 tablespoon olive oil
- 1 can whole kernel corn, drained and rinsed
- ~5 cups chopped fresh lettuce of choice
- 1/2 medium red bell pepper, diced
- 1 cup cherry tomatoes, quartered or halved if small
- 1/2 cup chopped cilantro
- 1/2 cup diced red onion
- 1 ripe avocado, cubed

Optional toppings: 1/2 cup crushed corn tortilla chips



Directions

1. Preheat oven to 400 degrees F. Toss cubed sweet potatoes with a little oil and bake for 20 minutes or until tender. Set aside.
2. Heat a pan over medium high. Add the corn and cook until blackened on all sides — about 5-8 minutes. Set aside to chill.
3. Assemble salad on a serving platter by layering lettuce, bell pepper, tomatoes, cilantro, onion, avocado, sweet potatoes, and grilled corn. Top with crushed tortilla chips. If desired.
4. Serve with a half batch of the Vegan Chipotle Ranch Dressing.

Nutrition Information per serving (1/4 recipe with dressing):

Calories: 223, Total Fat: 11.8g, Saturated Fat: 1.8g, Cholesterol: 0mg, Sodium: 210mg, Carbohydrate 27g, Fiber: 5g, Total Sugar: 7g, Added Sugar: 0g, Protein: 7g

Adapted from: <https://minimalistbaker.com/grilled-corn-salad-with-vegan-chipotle-ranch-dressing/>
