

# Corn, Blueberry, and Wild Rice Salad

This savory dish features wild rice and blueberries, a fun way to add flavor and color to any salad!

Makes: 6 Servings

Source: Eatfresh.org

## Ingredients

- 2 tablespoons Lemon Juice about 1/2 lemon
- 2 tablespoons Olive Oil
- 2 teaspoons Honey
- 1/2 teaspoon Ground Cumin
- 1 teaspoon Salt
- 1 1/2 cups Corn fresh, frozen or canned
- 1 cup Blueberries fresh or frozen
- 1 cup Wild Rice or 1 cup Brown Rice
- 1 Cucumber finely diced
- 1/4 cup Red Onion finely diced or 1/4 cup Scallions finely diced
- 1/4 cup Cilantro Fresh, chopped

## Directions

1. Make the dressing: In a large serving bowl, combine lemon juice, olive oil, honey, cumin, and salt. Whisk together with a fork.
2. In a medium saucepan, cook rice according to package instructions.
3. Add corn, blueberries, rice, cucumber, onion, and cilantro. Stir together all ingredients to coat them evenly with dressing.
4. Serve immediately, or cover and refrigerate 1 hour to let flavors meld.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	157
Total Fat:	5 g
Saturated Fat:	1 g
Sodium:	226 mg
Total Carbohydrates:	27 g
Dietary Fiber:	3 g
Protein	4 g

## Utensils Needed

- Pot
- Mixing Bowl
- Measuring cups and spoons
- Knife
- Cutting Board
- Mixing spoon
- Whisk

# SHOPPING LIST

Average total cost without oil and seasonings: \$12.56

Average cost/serving: \$2.09

Recipe Makes: 6 Servings

Note: The list of ingredients below is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to cart  
No Salt Added Whole  
Kernel Supersweet Corn  
(15.25 oz)



Add 1 to cart  
Red Onion



Add 1 to cart  
Frozen Blueberries (12 oz)



Add 1 to cart  
Cilantro Bunch



Add 1 to cart  
Cucumber



Add 2 to cart  
Brown Rice (32 oz)

## My Cooking Notes