

Classic Corn Slaw

Nutritional Highlights

- Cabbage is a great source of Vitamins K and C
- Corn contains eye-protecting antioxidants, Lutein and Zeaxanthin

Ingredients

- 7 tablespoons white wine vinegar
- ¼ white cabbage, shredded
- 3 small carrots, peeled and cut into fine strips
- 1 medium red onion, thinly sliced
- 4 ears corn, lightly brushed with olive oil
- 2 red chiles, finely chopped
- 1 ½ cups cilantro leaves
- ½ cup mint leaves
- Olive oil
- Salt and black pepper

Dressing

- 3 ½ tablespoons mayonnaise
- 2 tsp Dijon mustard
- 1 ½ teaspoons sunflower oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced

Directions

- Place the vinegar, 1 cup of water, and 1 tablespoon of salt in a small saucepan. Bring to a boil and then remove from the heat.
- Place the cabbage and carrots in a bowl and pour in two-thirds of the salty liquid. In a separate bowl, pour the remaining liquid over the onion and set both aside for 20 minutes.
- Rinse the vegetables and onion well, pat dry, place together in a large bowl, and set aside.
- Place a ridged grill pan over high heat, and when it starts to smoke, lay the corn on it. Grill for 10-12 minutes, turning so that all sides get some color. Remove from heat and, when cool enough to handle, shave off the corn using a knife. Add corn to the vegetable bowl.
- Whisk together all of the dressing ingredients and pour over the salad ingredients. Stir gently.
- Add the chile, cilantro, and mint, along with black pepper to taste. Stir gently and serve.
- Optional: top with grilled chicken, salmon, or shrimp