



Recreation and
Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

INGREDIENTS

- 2 whole Corn Cobs
- ¼ cup Olive Oil
- 1 Yellow Squash
- 1 Tomato
- 1 Onion
- Salt and Pepper, to taste

DIRECTIONS

1. Cut the kernels off an ear of corn and place in a bowl.
2. Peel and slice the yellow squash in thin slices and chop onion.
3. Place olive oil, salt, pepper, corn, onion, and squash into a pan and mix on stove top until fully cooked.
4. Take off stove and mix in chopped tomatoes.
5. Enjoy!

Tips:

Add your favorite salad dressing to add flavor to your salad!
Try chicken or tuna for adding protein. No corn on the cob?
Try can corn, but don't forget to rinse and drain.

Yellow Corn and Squash Salad

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
2 Servings

Prep Time:
15 Min

Cook Time:
10 Min