Grilled Corn and Watermelon Salad 
in a new light

Makes: 4 servings  
Prep Time: 15 minutes  
Cook Time: None (1 hour chill time)  
Difficulty: Easy

Ingredients:

- 3 cups seedless watermelon, cut into 3/4-inch cubes
- 2 medium ears grilled corn, kernels cut off the cob, or 2 cups thawed frozen corn kernels
- 1 cup chopped seedless cucumber
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons rice wine vinegar
- 1/4 teaspoon ground black pepper

Directions:

In a medium bowl, gently toss all ingredients. Cover and chill thoroughly, at least 1 hour.

Nutritional Information: Per serving (1 cup): 110 calories, 0.5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 10 mg sodium, 23 g carbohydrate, 3 g fiber, 3 g protein.