

Corn, Blueberry and Wild Rice Salad



Ingredients

6 ears sweet corn, husked (or 1½ cups frozen corn)
1 jalapeno pepper, seeded and finely chopped
1 cup fresh blueberries
4 tablespoons lime juice
1 cup cooked wild rice
4 tablespoons olive oil
1 small cucumber, finely diced
2 tablespoons honey or maple syrup
¼ cup finely chopped red onion
½ teaspoon ground cumin
¼ cup chopped fresh cilantro

Directions

In a large pot, bring salted water to a boil.
Add corn.
Cook covered for 5 minutes, or until tender.
When cool enough to handle, cut corn from cobs.
In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
For dressing: in a screw-top jar combine lime juice, oil, honey, cumin, and ½ teaspoon salt.
Cover; shake well to combine.
Add to salad and toss.
Cover the salad and refrigerate overnight or up to 24 hours.