**Corn Salad**

**A plate of food

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**Ingredients**

½ cup raw peanuts

½ tbs. oil of choice

¼ tsp. salt

½ tsp. black peppers

½ tsp. coriander seeds

1 cob of corn (1.5 cups of kernels)

¾ cup chopped tomatoes

1 pepper chopped – hot or sweet, your preference

½ cup raspberries

¾ cup chopped mango

1 handful of coriander (or parsley)

**Instructions**

1. Roast the peanuts in a pan with oil on medium heat. Once they start to brown, add seasonings, and remove from heat.
2. Cut off the corn kernels from the cob. You can either use raw corn or cook them for this recipe, whichever you prefer.
3. Add everything to a mixing bowl and stir.
4. Garnish with the coriander/parsley.
5. Serve and enjoy!

Yields 4 cups

1 serving = 1 cup = ¼ protein serving, 1 serving of fruit and vegetables

**To make it a meal:**

Carbohydrate options:

* Side dish of potatoes
* Side of rice
* Side of quinoa
* Roti, tortilla, or pita

Protein options:

* Chicken
* Fish
* Tofu