

4th of July Salad

Corn Recipe

This colorful salad is packed with grilled summer veggies and is tossed in a creamy lime-cilantro dressing made with cottage cheese. It brings festive color to a Fourth of July cookout while delivering plenty of flavor.

Active Time

30 minutes

Total Time

40 minutes

Servings

8

Ingredients

- 1 cup whole-wheat orzo
- 1 medium zucchini, cut into ½-inch-thick planks
- 1 medium red bell pepper, cut into 4 sections
- 2 medium ears corn, husked
- 1 small red onion, cut crosswise into ½-inch-thick slices
- 3 tablespoons extra-virgin olive oil, divided
- ½ cup low-fat reduced-sodium cottage cheese
- 1½ teaspoons lime zest
- 3½ tablespoons lime juice
- 5 tablespoons water
- 1 teaspoon honey
- 1 teaspoon salt
- ¾ teaspoon ground cumin
- ¾ teaspoon garlic powder
- 1 (15-ounce) can no-salt-added black beans, rinsed
- ¼ cup chopped fresh cilantro, plus more for garnish



Instructions

1. Preheat grill to medium-high (400°F to 450°F). Bring a small saucepan of water to a boil. Add 1 cup orzo; cook until just tender, 6 to 8 minutes or according to package directions. Drain and rinse under cold water until cool; drain well.
2. Rub zucchini planks, bell pepper pieces, husked corn and onion slices with 2 tablespoons oil. Arrange on the grill grates; cook, uncovered, until tender and lightly charred, 3 to 5 minutes per side for the zucchini and bell pepper and about 10 minutes total for the corn and onion. Transfer to a cutting board. Cut the zucchini and bell pepper into ¾-inch pieces, coarsely chop the onion and cut the corn kernels from the cobs.
3. Combine ½ cup cottage cheese, 1½ teaspoons lime zest, 3½ tablespoons lime juice, 5 tablespoons water, 1 teaspoon honey, 1 teaspoon salt, ¾ teaspoon cumin, ¾ teaspoon garlic powder and the remaining 1 tablespoon oil in a blender or mini food processor. Process until smooth, about 30 seconds, stopping to scrape down the sides as needed.
4. Combine rinsed black beans, ¼ cup cilantro, the cooked orzo, the chopped zucchini, bell pepper and onion, and the corn kernels in a large bowl. Add the dressing; toss to coat. Garnish with additional cilantro, if desired.

Nutrition

- **Calories:** 215 kcal
- **Carbs:** 32g
- **Protein:** 9g
- **Fat:** 1g



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