

Corn Bhel Salad Recipe



- Total Time 10m
- Prep Time 5 m
- Calories 147

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Rich in carbohydrates and fibre, corn is an amazing vegetable with which you can make several healthy recipes. Corn Bhel Salad is one such recipe with a tangy taste that your loved ones can enjoy anytime. Apart from being delicious, this salad recipe is high on health quotient as well. If you're hosting the kitty party next, then go for this scrumptious salad recipe to impress your friend circle. Pack it in your kids' tiffin and they will absolutely love this colourful salad recipe. It is a quick salad recipe which won't take much of your time and effort. Corn Bhel Salad can be made at home with readily available ingredients. You just need to do the mixing part. Although you can use different salad dressing while preparing this easy salad recipe, however if you're aiming to shed some extra kilos, then avoid adding them. Garnish the salad recipe with peanuts for a crunchy texture. Corn Bhel Salad is a great breakfast recipe as well. Pair it with a glass of chilled guava juice and have a hearty yet filling breakfast. Try this healthy salad recipe at home for your family and friends.

Ingredients of Corn Bhel Salad

- ❖ 1/2 cup boiled American corn kernels
- ❖ 1/2 large finely chopped tomato
- ❖ 1/2 tablespoon grated coconut
- ❖ 1/2 finely chopped cucumber
- ❖ 1 tablespoon finely chopped spring onions
- ❖ 1/2 tablespoon finely chopped green chilli

For Dressing

- ❖ 1/2 teaspoon lemon juice
- ❖ 1 pinch salt

How to make Corn Bhel Salad

❖ Step 1

To prepare this easy-to-make salad recipe, take a large glass bowl and add boiled corn kernels, cucumber, tomato, spring onions, coconut and green chilli in it. Mix well all the ingredients and then add lemon juice and salt. Give it a gentle stir. Keep the salad aside for 10 minutes so that the lemon dressing is properly absorbed. Your fresh Corn Bhel Salad is ready to be served..