

Lettuce Corn and Tomato Salad Recipe



- Total Time 20m
- Prep Time 10 m
- Calories 251

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Craving for a healthy yet tasty dish then try this Lettuce Corn Tomato Salad which is very nutritious and appetizing at the same time. You can eat this flavorful salad alongside the main dish in order to elevate the taste of your meal. This mouth-watering salad is prepared using simple ingredients like lettuce leaves, lime juice, olive oil, tomatoes with a tinge of sugar which make this Continental recipe simply hard to resist. It is apt to serve on special occasions like kitty party, pot luck, buffet, game night, road trip, picnic or on a family get-together. This scrumptious dish is perfect for all the health conscious people out there. You can also have this dish on your breakfast with a glass of fresh juice. So, go ahead and try this salad for your family and friends and enjoy. Happy Cooking!

Ingredients of Lettuce Corn and Tomato Salad

- ❖ 5 cup chopped ice berg lettuce
- ❖ 4 tablespoon extra virgin olive oil
- ❖ 1/2 teaspoon powdered sugar
- ❖ 1 cup American corn kernels
- ❖ 1 cucumber
- ❖ 1 tomato
- ❖ 2 tablespoon lime juice
- ❖ salt as required
- ❖ microgreens as required
- ❖ 3 tablespoon red bell pepper

How to make Lettuce Corn and Tomato Salad

❖ **Step 1**

To make this recipe, take a deep-bottomed pan over medium flame and add water, American corn kernels. Boil until the corn becomes tender. Drain all the water and keep it aside. Then, take a chopping board and chop tomato, red bell pepper. Also, finely chopped the cucumber.

❖ **Step 2**

Now to prepare the dressing for your salad, take a bowl and add extra virgin olive oil, lime juice, powdered sugar, salt according to your taste.

❖ **Step 3**

Next, lay the lettuce leaves in a serving dish and add chopped tomatoes, red bell pepper, finely chopped cucumber, corn kernels. Pour over the prepared dressing and toss them gently.

❖ **Step 4**

Finally, put the salad in the refrigerator for 10 minutes. Garnish it with micro greens.
Your Lettuce Corn and Tomato Salad is ready to be served and savored. Enjoy!