

## 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.