

A beautifully light combination of seasonal sweetcorn and bell peppers

Sweetcorn contains good levels of vitamins C, B5, and E, thiamine, folate, magnesium, and potassium. Corn is typically thought of as yellow but grows in a variety of colours including pink, red, orange, purple, blue, white, and black. The well-known yellow sweetcorn has good levels of the carotenoids, zeaxanthin, and lutein, which are both linked to eye health. However, it also contains phytic acid that has the potential to impair the absorption of minerals such as zinc and iron consumed at the same meal. Another reminder to consume everything in moderation, even the good stuff, our bodies thrive on variety.

Bell peppers, a member of the nightshade family, have great levels of vitamin C with 1 pepper providing up to 169% of the reference daily intake (RDI). As well as good levels of vitamins B6, and K, beta-carotene, thiamine, folic acid, and potassium. The different colours contain high levels of different antioxidants with green peppers containing more lutein, yellow more violaxanthin, and red pepper mores capsanthin, lycopene, and quercetin.

Sweetcorn and pepper salad

(serves 2-4)

2 ears of corn

1 red pepper

4 spring onions

1 handful fresh parsley

1 handful fresh coriander

1 garlic clove (finely grated)

2 tbsp extra virgin olive oil

juice ½ lemon

salt and pepper



Lightly brush the corn on the cob with a little olive oil, then put it under the grill on a medium-high heat for 10-15 minutes, turning regularly, until lightly coloured. Set aside to cool.

Once cooled stand each corn on its widest end (cutting a flat surface if necessary) and carefully slice the kernels off the cob from one end to the other. Dice the red pepper, and finely slice the spring onions, parsley, and coriander, mixing thoroughly.

Mix the garlic, olive oil, and lemon juice with a pinch of salt and pepper and pour over the mixed vegetables stirring well.

Serve with spicy salmon or halloumi and mixed leaves, enjoy!

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