

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Fresh Corn Salad

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This salad is great! Just make sure you don't add the tomatoes to the toasted corn until it is cool, as the heat from the corn will partially cook the tomatoes.

Serves 4-6

2 tomatoes, cored and cut into 1/2 -inch pieces

Salt and pepper

2 scallions, sliced thin

1 1/2 Tbs white wine vinegar

2 1/2 Tbs olive oil

5 ears corn, kernels cut from cobs (Try to find organic corn, or get some from your local farmer's market.)

1/4 cup finely minced fresh parsley

1. Toss the tomatoes and 1/2 tsp salt in bowl. Transfer to colander set over bowl and let drain for 30 minutes. (Draining the liquid from the tomatoes will keep the salad from getting soggy.) Combine scallions, vinegar, 3/4 tsp salt, and 1/2 tsp pepper in large bowl. Slowly whisk in 1 1/2 Tbs oil.
2. Meanwhile, heat remaining 1 Tbs oil in 12-inch skillet over medium-high heat until shimmering. Add corn and cook, stirring occasionally, until spotty brown, 5 to 7 minutes. (Toasting the corn heightens the flavor of the kernels. Use a non-stick pan, otherwise, the corn's milky starch will burn and stick to the skillet. You can find "healthier" non-stick pans at Target.) Transfer corn to bowl with vinaigrette, tossing to coat, and cool to room temperature, about 20 minutes. Stir in drained tomatoes and parsley. Let sit until flavors meld, about 30 minutes. Season with salt and pepper to taste. Serve. (Salad can be refrigerated for up to 2 days.)

### Variations:

1. **Arugula-Goat Cheese**- Replace white vinegar with 1 1/2 Tbs lemon juice. Stir in 2 ounces coarsely chopped baby arugula and 4 ounces crumbled goat cheese with tomatoes. Omit parsley.
2. **Chickpea-Avocado** – Replace white vinegar with 1 1/2 Tbs red wine vinegar. Add 3/4 tsp smoked paprika, 1 minced garlic clove, and 1/8 tsp cayenne pepper to skillet with corn for last 30 seconds of cooking. Toss 1 (15-ounce) can rinsed chickpeas with vinaigrette and hot corn. Stir in 1 avocado, pitted and cut into 1/2-inch pieces, with tomatoes.
3. **Tuscan** – Replace white vinegar with 1 1/2 Tbs red wine vinegar. Toss 1 (15-ounce) can rinsed cannellini beans with vinaigrette and hot corn. Replace parsley with 2 Tbs chopped fresh basil.