

Fresh Corn Salad

Serves 12

6 ears corn-lightly charred on BBQ or stove top gas flame

2 cup grape tomatoes-halved

1/2 cup red onion *-small diced or very slices or scallions -thinly sliced

1/3 cup basil *-chiffonade or cilantro *-chopped

3/4 cup radishes-julienne sliced

3/4 cup red, yellow or orange bell pepper-diced

2 poblano chili peppers * charred with skins & seeds removed- diced or 1/4 cup pickled Italian pepperoncini *slices

3/4 cup cucumber-peeled, quartered, seeded & sliced. If using European or Persian cucumbers, no need to peel

1/2 cup black olives- pitted & halved

3/4 cup jicama-peeled & diced

1 large jalapeno pepper *-very finely diced

2 large avocados-large chunks or slices. Add just before serving so they don't get mushy or black

1) Remove husks and corn silk from all the corn. Wrap each in 2 sheets plain white paper towel covering completely. Wet completely with water. Microwave 3 at a time at full power for 2-4 minutes until very hot. When paper is cool enough to touch, remove. BBQ, or char over a flame. Don't let them get too blackened. Cut the kernels off the cob into a large bowl.

2) Add all the remaining ingredients except avocado. Toss well to combine. Then add dressing and toss again. Serve immediately or refrigerate. Will keep several hours. Best served the same day made.

3) Just before serving either toss in the chunks of the avocado or decorate the top of the salad in the serving dish with the slices in a nice pattern.

Dressing

1/2 bottle Girard's Champagne 60 calorie Vinaigrette

2 Tbsp. white wine vinegar or rice wine vinegar or white balsamic vinegar

1 Tbsp. Dijon mustard

1/4 cup extra virgin olive oil

1/2 tsp. each salt & pepper

Put all the ingredients into a jar and shake.

Notes * This salad can have an Italian or Mexican flavor profile. Ex. basil goes with the pepperoncini while the cilantro goes with the poblano and jalapeno peppers.

If you find raw red onion too strong, put the chopped onion in a bowl of ice water for 15 minutes.

That will remove the strong taste.

Liz Nelson

