
Celebration Corn Salad

Description

We all know that we need to eat more vegetables, and this salad is a great way to entice even the most picky eater to eat some veggies! There's something about corn that is universally cherished – the sweetness, crunchiness and richness of this grain just begs for the compliment of a little saltiness to round it all out.

Total time: 55 min Yield: 6 Servings

Ingredients

8 ears of local corn (husked and kernels removed; or 3 cups frozen corn, defrosted)
1 can black beans (15 oz. can; rinsed and drained)
1 cup Big Island tomatoes (large diced)
1/2 cup green bell pepper (diced)
1/4 cup red onion (diced)
1/2 cup black olives (sliced)
2 Tbsp fresh cilantro (chopped)
1 cup feta cheese (crumbled)
olive oil (to drizzle)
salt (to taste)
fresh ground black pepper (to taste)
2 Tbsp fresh lime juice
1 Tbsp fresh orange juice
1 tsp chili powder
1/2 tsp paprika
1/2 tsp basil
1 clove garlic (minced)
1 Tbsp light or dark brown sugar
whole cilantro leaves (for garnish)

Prep Time: 55 min Total Time: 55 min

Instructions

To add a really big flavor punch to this salad dish, char the corn in a large skillet heated to high heat, continuing to stir occasionally. When the kernels start to brown, remove skillet from the heat and reserve to the side so they can cool.

Whisk the dressing ingredients (lime juice, orange juice, chili powder, paprika, basil, garlic, brown sugar) together in a small bowl. When the corn has cooled down, combine corn, black beans, tomatoes, bell

pepper, red onion, black olive, and the cilantro in a large bowl and drizzle with the dressing and additional olive oil. Gently fold in the feta cheese, and sprinkle salad with salt & pepper to taste. Ganish with whole cilantro leaves.

Recipe brought to you by:

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Source:

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