

Blistered Corn and Peach Salad



You'll find peaches and corn next to each other at the farmers' market in mid-to-late summer. We love the combo in this grilled warm-weather salad.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Salad:

3 ears	Corn, Husked
For brushing	Olive or Canola Oil
2 each	Peaches or Nectarines, cut into wedges
1 medium	Shallot, thinly sliced
3 cups	Arugula or salad greens of choice
¼ cup	Basil, fresh, torn
¼ cup	Mint, fresh, finely chopped
¼ cup	Fresh Herb of Choice (Dill, Parsley, or Mint) finely chopped

For the Dressing:

3 Tbsp	Extra Virgin Olive Oil
2 Tbsp	Lemon Juice
1 tsp	Whole Grain or Dijon Mustard
½ tsp	Cumin, ground
½ tsp	Kosher Salt
½ tsp	Black Pepper, freshly ground

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat a grill to high (450°F) or preheat a cast-iron pan over high heat on a stovetop.
3. Brush the corn with a little olive oil and grill it until charred, about 5 minutes on each side.
4. Transfer to a plate to cool. Once cool enough to handle, run a knife close to the center of the cob to cut the kernels off into a serving bowl. Add the peaches, shallot, arugula, herbs.
5. Make the dressing: In a small bowl, whisk together the olive oil, lemon juice, mustard, cumin, salt and pepper. Pour over the salad, toss and serve immediately.

CHEF'S NOTES

This recipe is flexible and would work well with any other peak season produce.

The vinaigrette can be made in advance and kept in the refrigerator for several days. Bring to room temperature before dressing the salad. Making a homemade dressing with olive oil allows you to have a heart-healthy dressing on hand any time a salad craving hits!

Nutrition Facts

8 servings per container

Serving Size 1 cup salad & 1 Tbsp dressing
(99 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.54mg	3%
Potassium 200mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

