



today's main ingredient

A  LOCAL FOOD PODCAST



Roasted Corn Salad

INGREDIENTS – serves 4

4 ears corn, shucked
2 Tablespoons plus 1/4 cup olive oil
2 Tablespoons white wine vinegar
1 teaspoon Dijon mustard
Salt and pepper
1 can black beans (drained & rinsed)
1 cup grape tomatoes, halved (optional)
1/2 cup fresh basil leaves, torn (optional)
3 scallions, thinly sliced (optional)
1 minced chipotle pepper, more or less to taste (optional)

STEP 1 – Shuck corn, rub the ears with 2 tablespoons oil, wrap in foil and roast in a 450°F oven for 15 to 20 minutes. Alternatively, if you prefer to grill, it's not necessary to wrap in foil, but you must turn the ears frequently.

STEP 2 – When cool enough to handle, cut the kernels off the corn cobs using a sharp knife.

STEP 3 – Whisk together vinegar and mustard in a large bowl. While whisking, slowly drizzle in the remaining 1/4 cup oil and with season with salt and pepper. Consider substituting lemon or lime juice for the vinegar.

STEP 4 – To the bowl, add the roasted corn, beans, plus other ingredients of your choice, and toss well. Serve!

For both flavor and color, consider adding tomatoes or red pepper; basil or cilantro, scallions or diced red onion, avocado, or other ingredients of your choice. For some heat, add minced chipotle pepper, which you can find canned in adobo sauce.