

Corn and Tomato Salad

PREP AND COOK TIME: About 30 minutes

MAKES: 4 to 6 servings

- 1/2 cup chopped red onion
- 1 tablespoon olive oil
- 4 cups fresh corn kernels (see tip on back)
- 2 cups cherry tomatoes such as Sweet 100s (about 10 oz.), rinsed, stemmed, and halved if larger than 3/4 inch
- 1/4 cup slivered fresh basil leaves
- 3 tablespoons sherry vinegar or red wine vinegar
- Salt and pepper
- 2 ounces fresh chèvre (goat cheese), crumbled

JAMES CARRIER (FOOD STYLING: BASIL FRIEDMAN)



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1. In a 10- to 12-inch frying pan over medium-high heat, stir onion in olive oil until limp, 5 to 7 minutes. Add corn and stir often just until tender to bite, 5 to 6 minutes.
2. Pour mixture into a wide serving bowl and stir in tomatoes, basil, and vinegar. Add salt and pepper to taste.
3. Sprinkle chèvre over salad; serve warm or at room temperature.

Per serving: 159 cal., 37% (59 cal.) from fat; 6 g protein; 6.5 g fat (2.5 g sat.); 24 g carbo (4.2 g fiber); 70 mg sodium; 7.5 mg chol.

TIP: To cut kernels off fresh corn on the cob, hold husked ear of corn upright in a deep, wide bowl. With a large, heavy knife, cut kernels off close to the cob, in a strip down one side. Rotate cob to shear off all the kernels.