



Summer sides, reinvented

Tired of the same old BBQ go-withs? Try these super-easy twists on the classics

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FROM TOMATO SALAD TO ...

Heirloom tomato salad with pomegranate drizzle

SERVES 6 | 10 MINUTES

The salad is also good with grilled halloumi cheese tucked between the tomato slices.

- 3 tbsp. extra-virgin olive oil
- 2 tbsp. pomegranate molasses*
- 2 lbs. mixed heirloom tomatoes, sliced
- 1/4 in. thick
- Sea salt, such as Maldon*, to taste
- 1/2 tsp. pepper
- 2 tbsp. fresh oregano leaves

Whisk together oil and molasses. Arrange tomatoes on a platter. Drizzle with oil-molasses dressing. Sprinkle with salt and pepper and scatter oregano on top.

*Find pomegranate molasses and Maldon sea salt at well-stocked grocery stores and gourmet shops.

PER SERVING 135 CAL., 51% (69 CAL.) FROM FAT; 1.4 G PROTEIN; 7.6 G FAT (1.1 G SAT.); 17 G CARBO (2.2 G FIBER); 40 MG SODIUM; 0 MG CHOL.

FROM GRILLED CORN ON THE COB TO ...

Grilled corn poblano salad with chipotle vinaigrette

SERVES 6 TO 8 (MAKES 3 1/2 CUPS)

30 MINUTES

When cutting corn kernels from the cob, stand it in a bowl and slice down the cob's sides; the bowl corrals the flying kernels.

- 3 ears corn, shucked
- 1 poblano chile
- 3 tbsp. canola oil, divided
- 1 tbsp. lime juice
- 1 tsp. finely chopped canned chipotle chile
- 1/2 tsp. kosher salt
- 1 avocado, cut into chunks
- 1/4 cup cilantro leaves
- 1/2 cup slivered sweet onion, rinsed, patted dry

1. Heat grill to high (450° to 550°). Rub corn and poblano with 1 tbsp. oil. Grill both, turning occasionally, until poblano is mostly blackened, 5 to 10 minutes, and some corn kernels have browned, 10 to 20 minutes. Let cool.
2. Cut corn kernels from cobs into a large bowl. Peel and seed poblano, cut into 1/2-in. pieces, and add to corn. In a small bowl, whisk remaining oil with lime juice, chipotle chile, and salt.
3. Stir avocado, cilantro, and onion into corn mixture along with chipotle dressing.

PER 1/2-CUP SERVING 283 CAL., 35% (99 CAL.) FROM FAT; 5.7 G PROTEIN; 11 G FAT (1.2 G SAT.); 43 G CARBO (1.7 G FIBER); 171 MG SODIUM; 0 MG CHOL.

FROM AMERICAN POTATO SALAD TO ...

Cucumber potato salad

SERVES 8 (MAKES 8 CUPS) | 30 MINUTES

For delicate, thin cucumber slices, use a mandoline—you'll find inexpensive, good-quality ones at Asian markets.

- 1 1/2 lbs. small red thin-skinned potatoes
- 1/2 cup plain low-fat Greek yogurt
- 1/2 cup olive oil mayonnaise or regular mayonnaise



- 1/2 cup roughly chopped fresh dill
- 2 tbsp. red wine vinegar
- 1 tsp. kosher salt
- 1/2 tsp. pepper
- 1 1/2 cups slivered red onion, rinsed and patted dry
- 1 English cucumber, very thinly sliced

1. Bring 1 in. water to a boil in a saucepan. Set whole potatoes in a steamer basket and steam in pan, covered, until tender, 15 to 20 minutes. Cool in ice water, then pat dry.
2. Whisk yogurt, mayonnaise, dill, vinegar, salt, and pepper in a small bowl to combine.
3. Quarter potatoes and put in a large bowl. Add onion, cucumber, and half the dressing; gently stir to coat. Add more dressing if you like, or save to use as a dip.

Make ahead: Up to 2 days through step 2. Chill potatoes and dressing separately and slice cucumber just before serving.

PER 1-CUP SERVING USING HALF THE DRESSING 154 CAL., 32% (49 CAL.) FROM FAT; 3.9 G PROTEIN; 5.5 G FAT (0.5 G SAT.); 21 G CARBO (2.1 G FIBER); 425 MG SODIUM; 5.8 MG CHOL. ■

