

BEYOND HUNGER

Charred Corn and Zucchini Salad

Fresh corn is a highlight of the summer that is often enjoyed on its own. This dish combines corn with other fresh ingredients to create a salad filled with nutrients. This can be served as a side dish at any BBQ for added vegetables. The combination of sweet corn, salty feta and the charred-grill flavor makes for a family favorite.

Yields: 3 cups

Serving Size: ¼ cup

Ingredients:

- 3 ears fresh **sweet corn**
- 2 Tbsp **high heat oil** (ex. peanut oil, light olive oil (not extra virgin) or avocado oil)
- 2 **zucchinis**
- ½ **red onion**
- ¼ cup **cilantro**, chopped
- 2 pinches **salt**
- 2 pinches **pepper**
- 2 oz. **feta**

Instructions:

1. Remove the husk and silk from the **corn** cobs and cut off the stem. Brush the surfaces of the corn with **oil**.
2. Heat a cast iron skillet or grill pan over medium heat for at least 5 minutes. Once very hot, add the corn cobs. Allow the corn to cook, turning occasionally, until the kernels become bright in color and have developed some deep char marks. This should take about 15 minutes total.
3. While the corn is cooking, slice the **zucchini** in half lengthwise and the **red onion** into thick rings. Brush all the sides of the zucchini and red onion with oil.
4. When the corn is finished cooking, remove it to a cutting board to cool slightly.
5. Add the zucchini to the skillet. Cook on each side until charred (about 10 minutes total), then remove it to the cutting board.
6. Add the onion to the skillet. Cook on each side until charred (about 5 minutes total), then remove to the cutting board.
7. Slice the zucchini into half rounds or quarter-rounds. Chop the onion into small pieces about ¼ inch in length.
8. Chop the **cilantro** and combine in a bowl with the zucchini and onion.
9. Season the vegetables with a pinch of **salt** and **pepper** and toss to combine.
10. Crumble the **feta** over top and gently toss one more time. Serve immediately or refrigerate until ready to eat.

Per Serving: Calories 216 kcal, Carbohydrates 28g, Protein 6g, Saturated Fat 3.25g, Sodium 324mg, Fiber 4g, Sugars 5g
This recipe was adapted from budgetbytes.com.