

September Recipe

Golden Corn Salad with Fresh Basil

Yields 4 servings

Serving size 2 ¼ cups

Ingredients:

8 oz small yellow or red potatoes
3 cups fresh corn kernels (about 4 ears)
2 cups assorted tear-drop cherry tomatoes (pear-shaped), halved
1 ½ cups chopped red bell pepper
¼ cup minced shallots
3 tablespoons white balsamic vinegar
1 tablespoon Dijon mustard
½ teaspoon kosher salt
¼ teaspoon black pepper
3 tablespoons extra-virgin olive oil
6 cups arugula, trimmed
½ cup torn fresh basil leaves
2 oz goat cheese, sliced

1. Place potatoes in a small saucepan; cover with water. Bring to a boil; cook 11 minutes or until tender. Drain and chill. Cut potatoes in half lengthwise. Combine potatoes, corn, tomatoes, and bell pepper in a large bowl.
2. Combine shallots and next 4 ingredients (through black pepper) in a small bowl. Stirring with a whisk. Drizzle over corn mixture; toss well. Add arugula; toss. Sprinkle with basil; top evenly with goat cheese.

Calories 337; Fat 16.5g (sat 4.7g, mono 8.9g, poly 2.4g); Protein 10g; Carb 43.2g; Fiber 6.8g; Chol 11mg; Iron 2.2mg; Sodium 376mg; Calc 131mg.

Source: "Cooking Light" - September 2010