

Corn, Tomato and Scallion Salad

Gourmet, 7/2000



4 ears fresh corn, shucked
2 tablespoons extra-virgin olive oil
2 whole garlic cloves, minced
1 1/2 tablespoons white balsamic vinegar, [mine happened to be "lemon" white balsamic]
1 pound cherry tomatoes, halved
1/2 cup scallions, coarsely chopped (use just scallion tops according to the original recipe - I used whole scallions)

Salads

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Salad can be made 1 day ahead and chilled, covered. You can also use regular dark balsamic in this - the corn will have a brownish tinge to it.

1. Cut corn kernels from ears, discarding cobs. Heat oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté corn with salt and pepper to taste, stirring, until tender, about 2 minutes.
2. Add garlic and sauté, stirring, 1 minute. Add vinegar and cook, stirring, until most is evaporated, about 1 minute. Add tomatoes and cook, gently stirring, 1 minute.
3. Remove skillet from heat and stir in scallions.
4. Transfer vegetables to a large plate to cool and season with salt and pepper.

Per Serving (excluding unknown items): 83 Calories; 4g Fat (40.1% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fat.