

Corn Salad on a Summer Day

June 25, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



There's something to be said about a really good fresh corn salad. It can act as a side dish, a main dish or even a salsa. And with small gatherings now at our reach and independence day, I'm certain my corn salad recipe will be a crowd pleaser! What I love the most is the versatility of this dish, options are endless, let me show you how...

Serves: 6 -8 Total Prep Time: 15 minutes

- 8 fresh corn on the cob or 1 - 15 oz. can of sweet corn
- 1 pint cherry tomatoes, halved or 2 large tomatoes diced in large chunks

- 1 15 oz. can of black beans, rinsed and drained or any bean – garbanzos are great
- 2 ripe avocados, diced
- 1 red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 2 Tbsp. olive oil
- 1 lemon (or 2 limes), juiced
- 1-2 tsp. ground cumin, to taste
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper

Instructions

Prep the fresh corn first. Grab a clean kitchen towel and place on a flat surface - peel and clean your corn. Place the corn in center of towel and shave corn off the cob, starting from the top to the bottom. Once done, grab towel and transfer corn to a large bowl. Repeat the process. If using can corn, strain and rinse, and also strain and rinse black beans. Add to bowl with corn. Cut tomatoes in halves and add to bowl, if using large tomatoes dice and transfer to bowl. Proceed to dicing onion, avocado and chopped cilantro. Add everything to the bowl and mix together. Season with salt, pepper and cumin. If you like heat, add in now. If you have other veggies like bell peppers or asparagus, zucchini or any veggies, dice and add in. Toss everything well to combine. Now drizzle in olive oil and the squeeze of a lime and mix. Taste for seasoning and adjust to your liking.

This is great with corn chips or as a side dish for a bbq or even topped on my salad! Replace beans with your favorite pasta and you have a corn pasta salad. This is recipe truly versatile. Have fun mixing flavors together and creating a fun food experience. Leave in fridge until ready to serve. Perfect at room temperature. Enjoy!