



Warm Corn Cake with Chilled Greens

Light entree summer salad with spicy tomato vinaigrette

Spicy Tomato Vinaigrette

1 Tablespoon white wine vinegar
1 Tablespoon spicy hot vegetable juice
1 teaspoon honey
2 Tablespoons olive oil
Salt; ground black pepper to taste

Prepare Vinaigrette: In a small bowl, whisk all vinaigrette ingredients together; cover; chill in refrigerator.

Golden Corn Cakes

1/2 cup Professor Torbert's Orange Corn Grits
1/2 cup all-purpose flour
1/4 teaspoon (each) salt; baking soda; baking powder

Pinch of ground chipotle peppers
1/3 cup plain Greek yogurt
1/3 cup spicy hot vegetable juice
1 egg
1/2 cup defrosted or fresh corn niblets, pat dry
3 Tablespoons minced chives or scallions
3 Tablespoons oil or as needed

Combine dry ingredients: In large bowl, combine grits, flour, salt, baking soda, baking powder, and chipotle peppers; set aside.

Prepare Corn Cake Batter: In medium bowl, mix yogurt, vegetable juice, and egg. Stir in corn niblets and chives. Add liquid ingredients to reserved dry ingredients; stir only until batter forms.

Pan Fry Corn Cakes: Heat 1-1/2 Tablespoons oil in large nonstick skillet over medium heat; pour 1/4 cup batter into pan for each cake; spread into 3 to 4-inch circles. Cook corn cakes until crisp, about 2 minutes per side; drain on paper towel-lined rack. Continue cooking corn cakes using oil as needed. Yield: about 8 corn cakes. Set aside to stay warm.

Salad Ingredients:

1 teaspoon olive oil
2 tomatoes; seeded, quartered
4 cups mixed spring lettuce greens
4 Tablespoons goat cheese, crumbled
4 ounces deli thin sliced cooked turkey
Sunflower seeds as desired

Warm Tomatoes: Heat 1 teaspoon oil in small skillet, sauté tomatoes over medium high heat until warm. Remove from heat; set aside.

Toss Lettuce with Vinaigrette: In a small bowl, toss lettuce greens with a small amount of vinaigrette to coat; set aside. Set remaining vinaigrette aside.

To Serve: For each plate: Arrange 2 corn cakes; sprinkle cakes with about 1 Tablespoon crumbled goat cheese.; place turkey slices over goat cheese;

place several warm tomato quarters around the plate; top with dressed greens. Sprinkle the salad with sunflower seeds. Drizzle with remaining vinaigrette as desired. Yield: Makes 4 salads

Cook's Note: Add more nutrition to your dinner by using Professor's Torbert's medium grind orange corn grits for the corn cakes.

About the Recipe: It's easy to prepare this recipe since the corn cakes can be made ahead of time. Then just layer corn cakes, goat cheese, turkey, tomatoes, and crisp lettuce greens on dinner plates; Sprinkle with sunflower seeds to create a light, summertime main dish salad.