



### **Fast & Fresh Pan Charred Corn Salad**

*Capture the flavor of grilling without a grill*

2 cups fresh or frozen cut sweet corn

1 Tablespoon olive oil

1/4 teaspoon sea salt or to taste

1/8 to 1/4 teaspoon ground smoked black pepper or to taste

#### **Vinaigrette**

2 tablespoons lime juice

1/8 teaspoon ground chipotle pepper or to taste

1/4 teaspoon garlic powder

1/4 cup extra virgin olive oil

#### **Salad**

1/2 cup chopped red onion

1/3 cup chopped bell green peppers

2/3 cup cherry tomatoes, halved or quartered

1 avocado, seeded, peeled, diced

Fresh basil, roughly chopped

**Clean Corn:** Rinse the corn with warm water; set aside to dry.

**Pan-Grill Corn:** Heat 1 Tablespoon oil in 10-inch cast-iron skillet over medium-to-medium high heat until hot. Add corn kernels, cook stirring constantly until kernels are lightly browned or charred as desired, about 5 to 8 minutes. Season corn with salt and smoked black pepper to taste. Remove to bowl; set aside.

**Prepare Vinaigrette:** In a narrow bowl, whisk together lime juice, ground chipotle pepper, garlic powder, and olive oil until well blended.

**Add Vegetables:** Mix red onion, green peppers, and tomatoes with the charred corn. Toss with vinaigrette to coat.

**Before Serving,** add diced avocado and basil; toss gently. Serves: 4

**About the Recipe:** Grill charred sweet corn has an addictive flavor and pairs well with so many meals. The only problem is if you don't have a grill. This recipe solves that problem since a skillet is used to brown those corn kernels and then just sprinkle them with lightly smoked black pepper. It's instantly grill flavored! Just mix in red onion, peppers, cherry tomato halves, toss with lime vinaigrette, finish with smooth avocados and a touch of fresh basil. That means you can even have grill flavored corn in the winter.