

Side Dish

Skillet Toasted Corn Salad

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Start to Finish Time: 30 minutes

1/3 cup olive oil
1 tablespoon olive oil (additional)
1/4 cup lemon juice
1 tablespoon Worcestershire sauce
3 cloves garlic, minced
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
4 dashes hot pepper sauce
6 ears fresh corn
4 medium red, yellow and/or green sweet peppers, seeded and coarsely chopped.
1/2 cup (2 ounces) Parmesan cheese, finely shredded
1 head Romaine lettuce, cut crosswise into 1-inch pieces

For the dressing: In a screw-top jar, combine 1/3 cup of olive oil, lemon juice, Worcestershire sauce, garlic, black pepper, salt and pepper sauce. Cover and shake well. Set aside.

Remove the husks and silk from corn. Cut the kernels from the corn cobs.

In a large skillet, cook the corn kernels in one tablespoon of the olive oil over medium-high heat for about 10 minutes or until corn is tender and golden brown, stirring often. Turn down heat as necessary to prevent corn from popping out of the skillet. Remove from heat. Keep warm.

In a large bowl, combine the peppers and corn. Top with cheese.

Pour the dressing over the mixture, toss lightly to coat.

Serve over the romaine.

Per Serving (excluding unknown items): 1261 Calories; 80g Fat (52.1% calories from fat); 32g Protein; 133g Carbohydrate; 29g Dietary Fiber; 2mg Cholesterol; 935mg Sodium. Exchanges: 6 1/2 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable; 1/2 Fruit; 14 1/2 Fat; 0 Other Carbohydrates.