

## Salad

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# Spicy Corn Salad

Eric Gower - the San Francisco Chronicle  
Palm Beach Post

**Servings: 4**

*You can substitute or add any vegetable you like.*

**1 teaspoon fruity extra-virgin olive oil**  
**1 teaspoon butter**  
**1/2 medium (1 cup) red onion, minced**  
**1 small habanero chile pepper, seeds and veins removed, then minced**  
**1 medium bell pepper (orange creates a nice color contrast), minced**  
**Kosher salt**  
**3 ears corn, kernels shaved from the cob**  
**2 tablespoons champagne vinegar**  
**1 teaspoon maple syrup**  
**zest and juice of one lime**  
**1/4 cup chives, minced**  
**2 tablespoons cilantro, minced**

Heat the oil and butter in a skillet. Add the red onion, habanero, bell pepper and salt to taste. Cook, stirring, for about 3 minutes over medium heat.

Add the corn. Cook for another 3 minutes.

Remove from the heat and stir in the vinegar, maple syrup, lime zest and lime juice. Stir.

Taste for salt.

Transfer to a warm serving bowl.

Top with the chives and cilantro.

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Per Serving (excluding unknown items): 82 Calories; 2g Fat (18.0% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 23mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.