

Charred Corn Relish

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*1 English cucumber, diced
1 red bell pepper, diced
2 teaspoons Kosher salt
4 ears corn
2 cups apple cider vinegar
1/2 cup sugar
1 tablespoon mustard
seeds
1/2 teaspoon ground
turmeric
1 tablespoon salt
3 scallions, sliced*

In a colander, toss the cucumber and red pepper with the Kosher salt. Let drain for 30 minutes, then pat dry.

Meanwhile, grill the corn over high heat, turning, until charred, 8 minutes. Cut off the kernels.

In a large skillet, bring the vinegar, sugar, mustard seeds, turmeric and salt to a boil. Simmer until reduced to one cup, 8 to 10 minutes. Add the cucumber and bell pepper. Cook for 3 more minutes. Stir in the corn and scallions.

Refrigerate until ready to serve.

Per Serving (excluding unknown items): 840 Calories; 8g Fat (7.7% calories from fat); 20g Protein; 192g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 10221mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1/2 Fat; 6 1/2 Other Carbohydrates.