

Grilled Corn Salsa

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Taste of Home Magazine - June/July 2012

Preparation Time: 30 minutes

Grill Time: 30 minutes

8 medium ears sweet corn, husks removed

2 small yellow summer squash, cut into 1/2-inch slices

1 medium sweet red pepper, cut into four wedges

1 medium red onion, cut into 1/2-inch rings

1 medium tomato, seeded and chopped

BASIL VINAIGRETTE

1/2 cup olive oil

1/3 cup white balsamic or cider vinegar

12 fresh basil leaves, chopped

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon dried oregano

Fill a soup kettle two-thirds full with water. Bring to a boil. Add the corn. Reduce the heat. Cover and simmer for 5 minutes or until crisp-tender. Remove the corn. Cool slightly.

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill the corn, squash, red pepper and onion, covered, over medium heat for about 8 to 10 minutes or until lightly browned, turning occasionally.

Cut the corn from the cobs. Cut the squash, red pepper and onion into bite-size pieces. Place the vegetables in a large bowl. Add the tomato.

In a small bowl, whisk the vinaigrette ingredients. Pour over the vegetables and toss to coat.

Cover and refrigerate until chilled.

Serve with a slotted spoon.

Yield: 7 1/2 cups

Per Serving (excluding unknown items): 1708 Calories; 118g Fat (57.5% calories from fat); 28g Protein; 167g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 2259mg Sodium. Exchanges: 9 Grain(Starch); 4 1/2 Vegetable; 21 1/2 Fat.