

Fresh Corn, Tomato and Bean Salad
From The Cook's Life
Serves 8-10

This salad is fabulous with fresh corn cut off the cob. If you can't get good corn, or don't want to mess with cutting it off the cob, use the same amount of frozen corn – no need to thaw.

1-2 tablespoons olive oil, divided
1 medium shallot, diced
1½-2 cups fresh corn kernels, about 3 ears (see head note)
1 tablespoon water
1 large or 2 small tomatoes
1 15 oz. can black beans, low sodium preferred, drained and rinsed
1 lemon
cayenne (optional)
freshly ground black pepper
salt

Heat 2 teaspoons olive oil in a small frying pan over medium heat. When oil is hot, add shallot and reduce heat to medium low. You want to slowly caramelize the shallot, so lower the heat if necessary. Add another teaspoon of oil if shallot starts to stick. Prepare the rest of the salad while the shallot cooks.

Mix the corn with the tablespoon of water in a large microwave-safe bowl. Cover and microwave on high for 2 minutes. Set aside to cool.

Cut the tomatoes in half and use a spoon to scoop out the pulp and seeds. This will keep the salad from being too watery.

Dice tomatoes into pieces about the size of the kernels of corn. Add the diced tomato to the corn. Add the beans and the caramelized shallot. Zest the lemon and add it to the mixture. Toss gently to mix.

Juice the lemon into a small bowl or glass measuring cup. Add 1 tablespoon olive oil and whisk to combine. Add cayenne and black pepper to taste. Pour dressing over the bean mixture and stir. Taste and add a touch of salt if necessary. Serve at room temperature or chilled.

This keeps for several days in the refrigerator.