

Warm Corn Salad

What You Need:

3-4 large ears of corn or 1 lb. bag frozen corn
1 large red or orange bell pepper, diced
1 medium onion, diced
2 Tbsp olive oil
Juice from ¼ large lemon
¼ cup cilantro, chopped
1 tsp cumin
1 tsp coriander
⅛ tsp chipotle powder
Salt to taste

What You Do:

1. If using fresh corn, remove kernels from cobs. Set aside.
2. Saute onions and peppers in olive oil for 3 minutes.
3. Add spices and saute 2 minutes more.
4. Add corn to onion, pepper, and spice mixture. Saute until just cooked through.
5. Add lemon, cilantro, and salt to taste. Serve warm.

Serves 6.

Variations: If you don't have chipotle powder, you can substitute another type of chili powder or crushed red pepper. Heide has tried the salad with chopped walnuts. Sometimes I make this salad with cooked black beans when my daughter will let me!