

Corn, Tomato and Basil Salad

Chef Kathryn and The South Huntington Library

Serves 8

Ingredients:

2 large ripe heirloom tomatoes, cored and cut into 1-in. dice,
- Or one diced heirloom tomato and 1 cup halved cherry tomatoes
1/2 tsp. Kosher salt
1/3 cup extra virgin olive oil
1 Tbsp. minced flat-leaf parsley
3 Tbsp. red wine vinegar
1 Tbsp. grainy mustard
1 Tbsp. reduced- sodium soy sauce
1 Tbsp. white miso
1 medium shallot, peeled and minced
2 cups fresh yellow and white kernels
1/4 cup shaved Parmigiano Reggiano (about 1 oz)
2 Tbsp. coarsely chopped fresh flat-leaf parsley
12 fresh basil leaves, torn into small pieces

Procedure:

1. Place tomatoes in a large bowl. Sprinkle with salt, let stand 30 minutes at room temperature
2. Combine oil and next 6 ingredients (through shallot) in a pint jar. Seal jar; shake 30 seconds or until blended.
3. Add vinaigrette, corn, cheese, chopped parsley, basil to tomatoes, toss gently to combine, serve immediately

Chef's notes:

Only the freshest corn here. The corn can be de-cobbed hours before. Salting the tomatoes and letting them stand draws out their juices so they'll meld with the dressing when you combine all the components.

Only wash your basil just before you use it, because it might turn color.

White miso is called, "Sweet White Miso", and sold in every healthy market and supermarkets like, Stop and Shop. It adds a powerful punch to this mix.

Recipe adapted from Cooking Light, 6/2017, Provided by Chef Kathryn Bari-Petritis,
Visit her at: www.thehealthchef.com, Kathryn@thehealthchef.com, 516-8180643
Author of: Health Transforming Foods, Their Stories and Recipes, sold on Amazon