

Spinach and Grilled Corn Salad

Ingredients:

- 2 ears corn, shucked
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon mustard
- 1 tablespoon extra virgin olive oil
- 6 ounces baby spinach, about 6 cups
- ½ medium red onion, thinly sliced

Equipment Needed:

- Grill
- Knife
- Small bowl
- Whisk
- Serving bowl

Number of Servings: 4
 Prep Time: 5 minutes
 Total Time: 15 minutes

Directions

1. Peel back corn husks, leaving them attached at the base of the ears. Remove and discard corn silks. Pull husks back over ears. Place ears in a large bowl and cover with cold water. Let soak for 10 minutes.
2. Preheat grill to high. Lightly oil grill grates.
3. Drain corn. Arrange ears on grill.
4. Cover grill and cook, turning occasionally using tongs, until husks are slightly charred and corn is tender, about 15-20 minutes.
5. Let corn cool slightly. Stand cob on end and carefully cut off kernels with a sharp knife using a downward motion.
6. Put vinegar, salt, pepper, and mustard in a small bowl and add oil in a slow, steady stream, whisking constantly until well mixed.
7. Combine spinach, onion, and grilled corn in a serving bowl. Toss salad with dressing just before serving.

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Nutrition Facts

Serving Size:		Servings: 4	
Amount Per Serving		Calories from Fat 27	
Calories 78			
		%Daily Value*	
Total Fat 3g			5%
Saturated Fat	trace		2%
Cholesterol 1mg			2%
Sodium 190mg			8%
Total Carbohydrate 12g			4%
Dietary Fiber	3g		11%
Protein 3g			6%
Vitamin A	60%	Vitamin C	27%
Iron	9%	Calcium	5%

*Percent Daily Values are based on a 2,000 calorie diet.

Top with grilled chicken for a quick and tasty main course.

Adapted from Martha Stewart's
 Spinach and Grilled Corn Salad Recipe

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