GRILLED CORN SALAD

Ingredients:

- 4 ears corn, husked
- 1 tsp peanut oil plus 3 tablespoons, divided
- 1½ T red-wine vinegar
- 1 T Thai sweet chili sauce
- 1 T white miso
- 1 large clove garlic, grated
- Pinch of salt
- 5 cups organic baby spinach
- 1 cup cherry tomatoes, halved
- ¼ cup sliced scallions
- Chopped fresh cilantro for garnish



Directions:

1. Preheat grill to medium-high.
2. Brush corn with 1 teaspoon oil. Grill, turning occasionally, until some kernels are slightly charred, 8 to 10 minutes. Cut the kernels from the cobs.
3. Meanwhile, whisk the remaining 3 tablespoons oil, vinegar, chili sauce, miso, garlic and salt in a large bowl. Add spinach, tomatoes, scallions and the corn; toss to combine. Serve topped with cilantro, if desired. Makes 5 servings.

NUTRITION PER SERVING:

Serving Size: 1 Cup

190 calories; protein 5g; carbohydrates 23g; dietary fiber 4g; sugars 9g; fat 10g; saturated fat 2g; sodium 198mg

Reference: www.eatingwell.com