

Salt and Serenity

Grilled Corn Salad with Cilantro Mint Dressing

Serves 4-6 as a side dish

This recipe is a very slight adaptation of Bobby Flay's creation. I watched him prepare it on his Food Network show "*Barbecue Addiction: Bobby's Basics.*"

1/2 cup fresh mint leaves, chopped

1/4 cup fresh cilantro or parsley leaves

1/4 cup white wine vinegar

1 to 2 teaspoons honey

Kosher salt and freshly ground black pepper

6 large ears corn, husks and silks removed

2 Tablespoons light olive or canola oil

Canola oil, for brushing

2 cups arugula

6 green onions, green and pale green parts thinly sliced

1. Combine the mint, cilantro, vinegar, 1 teaspoon of the honey and some salt and pepper in a blender, and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Taste, and then add more honey, salt and pepper as desired. Set aside.
2. Preheat the BBQ to medium-high.
3. Brush the corn with some canola oil, and then season with salt and pepper. Grill, covered, until charred on all sides and the corn is tender, 2 to 3 minutes per side. Cool slightly and remove the kernels from the cobs. Combine the corn, greens and green onions in a bowl. Season with salt and pepper. Add some of the dressing and toss to coat. Serve immediately. Leftover dressing will keep in the fridge for about a week.