









SUMMERTIME CHOPPED VEGGIE SALAD




Submitted by: Lisa Lotts, Garlic & Zest

SALAD INGREDIENTS

-  2 ears corn on the cob
-  1 medium zucchini finely diced
-  1 sweet bell pepper finely diced
-  2 plum tomatoes finely diced
-  1 stalk celery finely diced
-  1 cup frozen peas thawed
-  3 scallions white and light green parts, thinly sliced
-  2 tablespoons red onion minced

DRESSING INGREDIENTS

-  ½ cup shallot confit
-  3 tablespoons red wine vinegar or champagne vinegar
-  2 teaspoons honey
-  1 teaspoon dijon mustard
-  1 teaspoon kosher salt
-  ½ teaspoon freshly ground black pepper
-  ¼ cup chopped parsley

MAKE THE CREAMY SHALLOT VINAIGRETTE

In the work bowl of a mini food processor or blender, combine the shallots and oil, red wine vinegar, dijon mustard, honey and kosher salt. Pulse or blend until smooth and creamy. Transfer to a bowl and stir in the black pepper and parsley. Set aside.

ASSEMBLE THE SALAD

Remove the husks from the corn kernels and cut the kernels off the cob. To do this, use a corn stripper or hold a corn cob upright in a large bowl and use a chef's knife or santoku to cut the kernels off and into the bowl to catch them.

Combine the corn, zucchini, bell peppers, tomatoes, celery, peas, scallions and red onion. Toss to combine.

Add about a cup of the shallot dressing to the salad and toss to coat. Taste the salad. If it needs more dressing, add it about 1-2 tablespoons at a time, but don't overdress it. Any leftovers can be used to dress other vegetables or on poached fish, chicken or steamed vegetables.

Serve chilled or at room temperature.



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