

# GRILLED CORN SALAD



## Ingredient

- 6 ears fresh corn, husked with silks removed
- 2 tablespoons canola oil
- Salt and pepper
- 2 cups halved cherry tomatoes
- 1 small red bell pepper, finely chopped
- 4 scallions, finely chopped
- 2 cups packed arugula or baby spinach, chopped

### Lemon Dressing:

- 1 lemon, juiced
- 4 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 2 Tablespoons of agave syrup, local honey or maple syrup

## Directions

1. Preheat grill or broiler to medium heat.
2. Rub corn with 2 tablespoons of canola oil and season with salt and pepper. Grill or broil corn for 7 minutes or until ears are lightly browned. Remove from grill and allow to cool.
3. Remove the kernels from the cob and place in a large mixing bowl along with the cherry tomatoes, red pepper, scallions, and arugula. In a small bowl, prepare dressing by whisking together lemon juice, olive oil, salt, pepper and sweetener of choice-honey, agave or maple syrup.

Toss the salad with the dressing and serve at room temperature.



## Officer Andy's Safety Corner



Prep time: 10 minutes