Whole Health Institute



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Summer Sweet Corn, Tomato, & Peach Salad with Lemony Red Wine Vinaigrette

This salad highlights some of the best flavors the summer season has to offer. Fresh corn offers a delicious, sweet crunch, while tangy tomatoes and juicy peaches burst with flavor. And the best thing about it is it's incredibly easy to make and most of the ingredients can be sourced from the Overland Park Farmers Market during the peak of summer.

Prep time: 15 minutes

Serves 4 to 6 **Ingredients**

Salad

- 4 ears sweet corn, husks and silks removed
- 2 peaches or nectarines, diced
- 1 pint cherry tomatoes, halved
- o 3/4 cup basil chiffonade
- o 1/4 cup chopped red onion or thinly sliced scallions
- ½ cup crumbled goat cheese

Dressing

- 2 tablespoons red wine vinegar
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ¼ cup extra virgin olive oil
- o ½ teaspoon salt
- ¼ teaspoon ground black pepper

Steps

- 1. To make the salad, cut corn kernels off the cob and place in a large bowl with diced nectarines, halved cherry tomatoes, basil, and onion.
- 2. To make the dressing, combine all dressing ingredients together in a small bowl and whisk.
- 3. Toss salad ingredients with dressing and add additional salt and pepper to taste. Place in the refrigerator to chill for at least 15-20 minutes before serving. When ready to serve, sprinkle with crumbled goat cheese.

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