

Grilled Corn Salsa

Looking for something else to do with our bounty of local summer corn? Try this great recipe that begins on the BBQ (how many salsas can you say that about?!)

Ingredients:

- 3 ears of corn, husks removed
- 1 red onion, sliced horizontally into rings
- 1 chili pepper
- 2 red bell peppers, halved
- 1 avocado, halved and pitted

Dressing:

- 4 Tbsp lime juice (~1-2 limes)
- 1 tsp liquid honey (or agave / maple syrup)
- 1 fat clove garlic, minced
- 1 Tbsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp sea salt
- pinch ground pepper
- ¼ cup cilantro, chopped

Directions:

1. Prepare the veggies and brush them lightly with high heat cooking oil. Eg. coconut oil
2. Place everything on a preheated, medium-hot grill. Close lid and reduce heat to medium. After 5 minutes check the avocado. If it has grill marks, remove it. Give other vegetables a quick check – if they also have grill marks, turn and/or flip them.
3. Continue to flip veggies until softened. This should take between 10 and 20 minutes (depending on the vegetable). The corn will take the longest to cook, but since you can eat corn raw, don't worry too much about it – as long as it tastes good!
4. While the grill is on, make dressing by combining everything (except the cilantro) in a jar with a lid. Shake well to combine.
5. Remove all vegetables from grill and let sit until cool enough to touch. Begin by slicing the chili pepper down the center lengthwise, scrape out and discard the seeds, mince, and add to the dressing. Cut the corn off the cobs, and add kernels to a large bowl. Dice the other vegetables and add it to the corn. Pour dressing over vegetables, add cilantro, and fold to combine. Season to taste.

Source: mynewroots.blogspot.com

Bon appétit!