Idiot's Kitchen Recipe – Summer Corn, Bean & Carrot Salad

Recipe from idiotskitchen.com – Adapted from Melissa Clark

Ingredients:

2 ears of corn
½ - ¾ pound of thin green beans
1 cup carrots – matchsticks, finely chopped, or grated
2 green onions, finely chopped
1 small red bell pepper, finely chopped
1 teaspoon Dijon mustard
2 Tablespoons vinegar (red wine, sherry, or white wine vinegars are all fine)
4 Tablespoons (¼ cup) olive oil
Salt & Pepper

If your corn is fresh and tender, you can use it raw. Otherwise, wrap the shucked ears in waxed paper and microwave for about 4 minutes. Unwrap to cool then cut the kernels off the cobs.

Partially cook the green beans to a crisp-tender stage either by blanching in boiling water or microwaving for 2-3 minutes. Rinse the cooked beans in cold water or shock in an ice water bath to stop the cooking. Drain & dry the beans and cut them in half.

In a large bowl, combine the corn kernels and cooked beans. Add 1 finely chopped red bell pepper, 2 finely chopped green onions, and 1 cup matchstick or finely chopped carrots.

Make a simple vinaigrette dressing by combining 1 teaspoon Dijon mustard, 2 Tablespoons vinegar, and 4 Tablespoons olive oil in a small bowl. Season lightly with salt & pepper to taste and whisk to combine. Pour the dressing over the veggies and toss to coat.

For the best flavor, let the salad marinate in the fridge for at least 1 hour.

Serves 4 and is great leftover.