

HEIDI'S MAUI CORN SALAD

salad:

3-4 green onions, sliced
12 cobs of fresh sweet corn, shucked
2 large tomatoes, seeded and chopped
1/2 large bunch cilantro, roughly chopped
1 large ripe avocado, sliced
extra lime wedges

dressing:

1/2 cup extra-virgin olive oil
finely minced zest of 1/2 lime
1/4 cup fresh lime juice (from 2 fresh limes)
1/2 tsp salt, or more, to taste
1 tsp dark brown sugar
1 clove garlic, minced

Meanwhile, bring a large pot of salted water to a boil. Drop in the 12 cobs of corn, return to a boil and cook for 1 or 2 minutes. Use tongs to remove the cobs of corn and let them cool until you can touch them comfortably.

Meanwhile, mix the dressing ingredients together in a small bowl or jar.

In a medium-large bowl, mix together half of the dressing and all the green onions. Using a sharp knife, cut all the kernels of corn off the cooked cobs directly into the bowl with the dressing. Once you have cut the kernels off, use the back of the knife to scrape along the cobs and push all the corn germ into the bowl.

Mix in the rest of the dressing, the tomato, and the cilantro. Mix well. Taste and add more salt and/or lime juice if you like.

Decorate the top of the salad with slices of avocado. Squeeze a bit more lime juice over the avocado slices to prevent them from going brown. This salad should be served within 4 hours.

Serves 8.

Variation: If you don't want to shuck and scrape so many cobs of corn, you can substitute 4 of the cobs with 2/3 cup dry white rice, cooked until tender, and mixed into the salad while still warm.