



COLORFUL SUMMER SALAD WITH CORN, GREEN BEANS,
TOMATOES AND SWEET POTATOES

Ingredients:

- ½ cup sweet corn kernels (see Note)
- ½ cup sweet potato, peeled, cubed and steamed
- ½ cup green beans, in one-inch lengths, steamed
- 1 c fresh cherry tomatoes, halved
- 1 T olive oil
- 1 teaspoon good Sherry vinegar

Directions: In the bottom of a large mixing bowl, whisk the oil and vinegar, tasting to see that it's not too vinegary. Add the cooked and cooled remaining ingredients, toss, and transfer to a smaller bowl for serving, or to individual bowls.

Note: When I cook sweet corn, I always steam up an extra ear and keep it in the refrigerator for tossing together salads like this.

I cook the ears in my cast iron Dutch oven with almost no water. When that water evaporates, I let the ears brown a little in the dry pan, which imparts a roasted flavor that I love.

This is a template for any number of salad combinations. I don't hesitate to add or substitute any of the following:

- Cooked garbanzos
- Avocado chunks
- Leafy greens, chopped
- Sun-dried tomatoes
- Chopped fresh herbs, especially parsley or basil
- Roasted pine nuts
- Baked tofu cubes

(and sometimes even-- don't tell anybody!-- a little bit of crumbled imported Gorgonzola)