

# Summer Grilling - The Heat Is On!

**Food Safety Tip:** Grilled corn can sit out at room temperature for no longer than 2 hours. Corn should be discarded if left out for more than two hours.

**Grilling Technique:** Grilling the corn without the husks allow for it to cook quicker. Watch it closely and turn it often.

## Grilled Corn Salad

Serves 4

### Ingredients:

4 ears fresh corn, husked  
1 medium bell pepper  
1 small red onion  
2 (15½ ounce) cans black-beans, no salt added  
5 Tablespoons canola oil, divided  
2 Tablespoons vinegar  
1 teaspoon cumin  
¼ teaspoon salt  
½ teaspoon ground black pepper

### Optional Ingredients:

¼ cup fresh cilantro leaves  
1 cup cherry tomatoes, halved  
1 avocado, diced into ½ inch cubes

### Instructions:

1. Clean grill and preheat to 350 degrees.
2. Brush corn with 2 Tablespoons oil and grill over direct heat with lid closed. Turn corn occasionally until done, around 10-15 minutes or until there are brown spots and corn is tender. Remove from grill and cool slightly. Cut kernels from the cobs and place into a large bowl.
3. Rinse and dice bell pepper and onion and add to corn.
4. If using, optional ingredients rinse and chop cilantro leaves, cherry tomatoes and avocado. Add to corn/pepper mixture.
5. In a colander, drain and rinse black-beans and add to corn/pepper mixture.
6. In a small bowl mix 3 Tablespoons oil, vinegar, cumin, salt and pepper. Pour dressing on top and toss gently to combine. Serve immediately or refrigerate for later.

